Hands Only CPR

Step 1: Make sure the scene is safe. You don’t want to become a victim yourself.

Step 2: As you approach the victim, look for “signs of Life”. Movement, Bleeding, Breathing. (If the victim is bleeding, the bleeding must be controlled before CPR is started.)

Step 3: Gently tap the victim’s face to check for responsiveness.

Step 4: If the victim does not respond, call 911 or UAPD (205)348-5454 immediately.

Step 5: If an Automated External Defibrillator (AED) is available, send someone to get it. If no one is with you, leave the patient and get the AED.

Step 6: If the victim is not breathing, begin High Quality CPR. Push hard, push fast, release the chest completely between compressions and once you start, do not stop. Compress at a rate of 100-120 per minute.

HIGH QUALITY CPR:

- Place the heel of one hand in the center of the chest on the breastbone.
- Place the other hand directly on top of the first.
- Lift or interlace your fingers.
- Position your shoulders directly over your hands.
- Keep your arms straight.
- Push straight down (aim for a compression depth of at least 2 inches).

Push Hard, Push Fast, Total Recoil, Minimize Delays

The University of Alabama follows AHA 2020 Guidelines
AED

Open the lid to turn it on, and then follow directions.

Follow Directions

The first direction will be to connect the AED to the victim as shown on pads. Once the AED is connected, follow the voice prompts.

Be Aware

Always be aware where the closest AED is located in your building.

Hands Only CPR and AED Guidelines reviewed October 2021.