



# Hands Only CPR

## **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.

*Hands Only CPR*



**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



## 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.

