

# ALPHA PHI

## HANDS-ONLY CPR GUIDE

### ALWAYS CALL 911 FIRST IN ANY EMERGENCY

*Please note this is merely a guide to practice hands-only CPR and should not be considered as training.  
The steps below are adapted from the American Heart Association and American Red Cross.*

- 1** Ensure the person is on their back on a firm, flat surface.
- 2** Kneel beside the person with knees near the person's body and spread shoulder width apart.
- 3** Use correct hand placement - **"Union Hand in Hand"**
  - Place the heel of one hand in the center of their chest, with the other hand on top.
  - Interlace your fingers and make sure they are up off the chest.
- 4** Use correct body position.
  - Position your body so that your shoulders are directly over your hands.
  - Lock your elbows to keep your arms straight.
- 5** Give continuous compressions. At least 2 inches and 100 - 120 compressions per minute.
  - Push hard and fast to the beat of **"Hand to Hand Girls"** - a tempo in sync with the recommended guidelines.

***"Hand to hand girls and heart to heart girls,  
stand we members of our own dear Alpha Phi.  
Fortune shall never our friendship sever,  
and through this life girls we'll friends be ever.  
Hand to hand girls and heart to heart girls,  
stand we members of our own dear Alpha Phi."***



**American  
Red Cross**