

CPR

EDUCATIONAL RESOURCES

Scan to learn Hands-Only CPR in 60 Seconds



Don't be afraid to utilize campus and local resources!

University Resources

Health Center
Rec Center
Risk Management Office
Panhellenic
Athletic Department

Local Resources

City Police or Fire Department
Hospital

Alumnae

This is a great opportunity to engage with local alumnae! Ask if anyone is a certified health professional and would be willing to volunteer to lead a training. Make it chapter programming or sisterhood event!

You never know when you might need to save a life.

Contact any of the above and identify yourself as a university student and member of Alpha Phi. *Be sure to explain our commitment to heart health!* Ask if a member of their staff would be able to provide CPR training for your Chapter. If not, politely ask if they can offer another recommendation for low or no-cost instruction



alphaphifoundation.org

IN ANY EMERGENCY
CALL 911

VISIT FOR A FULL
GREEK LIFE TOOLKIT

aphifdn.org/AHAGreekToolkit

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**