

# TAKE10 CPR PROGRAM



## WHAT IS TAKE10?

Stands for “**Take 10 minutes to learn compression-only CPR.**” It is community-based and peer-taught CPR training that is simple, fast and free. Learners gain skill by practicing giving compressions and the confidence to act in an emergency where CPR is needed.

## WHY TAKE10?

TAKE 10 was a program launched by the City of Austin aimed at teaching community members compression-only CPR. The goal was to improve survival rates for cardiac arrest by empowering more people to step in and provide assistance when necessary.



## HOW IS TAKE10 DIFFERENT?

- No mouth to mouth, just compressions
- Learn in 10-15 minutes
- Compression-only CPR is intended for teens and adults

\*Compression-only CPR has been shown to be equally effective as mouth-to-mouth in the first few minutes

## WHY USE CPR?

CPR is used when someone goes into cardiac arrest. Cardiac arrest is when the heart stops beating. **A person is in cardiac arrest when they are unresponsive, have no pulse, and are not breathing.**

**CPR KEEPS BLOOD FLOWING! COMPRESSIONS BECOME THE HEARTBEAT!**

## COMPRESSION ONLY STEPS

### 1 CHECK

- Check for responsiveness
- Look for chest rise and fall
- Listen for breath sounds
- Feel for air movement on your cheek
  - **\*If patient is unresponsive and not breathing, start CPR**



### 2 CALL

- Direct someone to call 911 and get an AED
- If alone, call 911
- Do not leave the patient alone!

### 3 COMPRESS

- Push hard and fast
- Center of the chest
- At least two inches deep
- 100-120 BPM



## AED STEPS

Automated External Defibrillators (AEDs), are used to revive someone in sudden Cardiac Arrest

- Call 911
- Turn on AED and follow voice prompt
- Place electrode pads and ensure everyone is clear
- Let the AED analyze the heart rhythm and press the “shock” button if advised
- Resume CPR!



[emergencymanagement.utexas.edu](https://emergencymanagement.utexas.edu)



[sem@austin.utexas.edu](mailto:sem@austin.utexas.edu)



1200 E Martin Luther King Jr Blvd, Austin,  
TX 78722