



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!



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