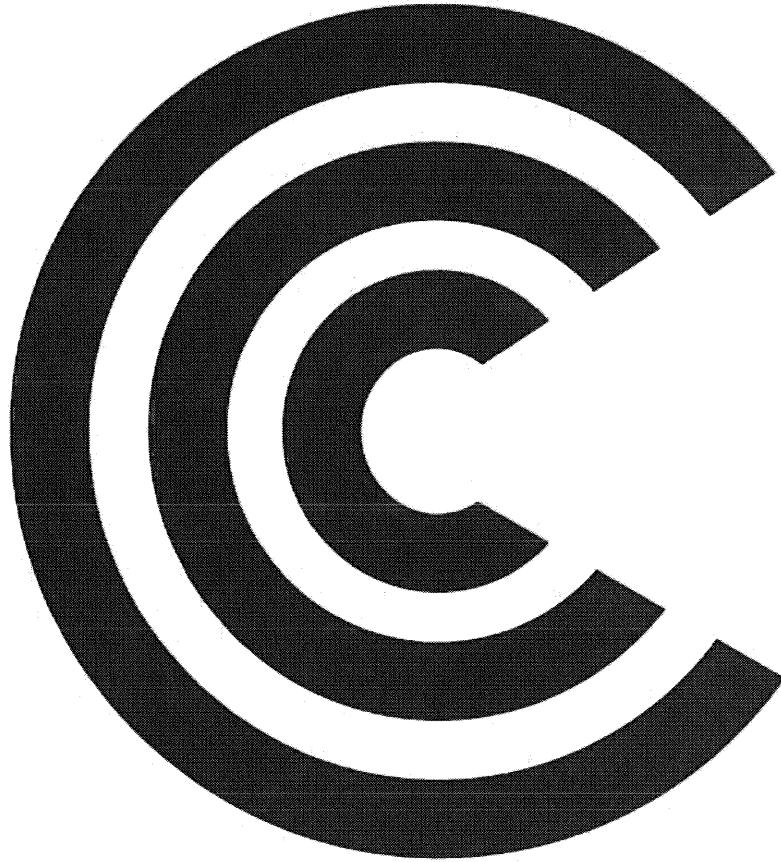


TAKE10

MINUTES TO LEARN COMPRESSION ONLY CPR



IF YOU FIND AN ADULT THAT DOES NOT RESPOND:

CHECK. CALL. COMPRESS.

Check for no
breathing or
only gasping.

Call 911
and for
an AED.

Compress hard and fast
in the
center of the chest.

INSTRUCTOR TOOL KIT

TAKE10

MINUTES TO LEARN COMPRESSION ONLY CPR

Program Objective

The Take 10 Compression Only CPR Training Program will dramatically increase the number of people in the Austin and Travis County area able to provide CPR to an adult who suddenly collapses. By training as many people as possible we expected to improve the likelihood of bystanders acting by calling 911 and performing chest compressions when an adult is found in cardiac arrest. Giving continuous chest compressions as soon as possible gives the victim the best chance of survival. More people doing CPR can mean more people surviving a cardiac event.

Learning Objectives

This program focuses on the actual training of regular people in the basic steps of CPR for an Adult. The participants in this training program will be able to:

- Demonstrate the sequence of steps including "Check", "Call" and "Compress"
- Demonstrate the technique of chest compressions
- Verbalize the two common steps of turning on an AED (Automated External Defibrillator)
- Verbalize the need to follow the AED prompts
- Verbalize the importance of "clearing" the victim prior to pushing the Shock button

The Take 10 Compression Only CPR Training Program is intended to focus on simple and proven CPR and AED techniques. In just 10 minutes participants are taught how to quickly check a victim for signs of life and to call 911. Participants practice giving chest compressions for at least two minutes providing sufficient time to achieve muscle memory and retention of basic CPR skills so that they are prepared to act in an actual emergency.

Reaching The Community

Take Heart Austin trains members of the Austin Community to share Take 10 with the people in their lives. We can train facilitators and provide them with the equipment they need to teach CPR to their workplace; their school; their place of worship; their family and neighbors in just 10 minutes. For more information or to schedule training contact us.



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Sudden Cardiac Arrest Survival Initiative

www.takeheartaustin.org

Topic	Actions	Estimated Time
Preparations	The facilitator prepares the space with multiple manikins (traditional or CPR Anytime), knee pads, a DVD player & viewer, handouts and participant documentation form(s).	~ 10 min PRIOR
Introductions & Plan	The facilitator personally meets each participant. The facilitator informs the participants of the basic objectives and what they will do in the next 10 minutes	2 min
Show AHA Video (Nothing Tricky)	The facilitator shows the short, light-hearted video and asks the participants to be attentive to the actions of the video actors. The facilitator places a participant in front of each manikin as the video is played (if the space allows) (In a larger event venue, the video should be looped to grab the attention of those passing by)	1 min
Demonstrate Sequence & Compressions	The facilitator asks each participant to practice the sequence of check, call and compress. The facilitator asks each participant to practice compressions for at least 2 minutes. During this time, the facilitator provides simple coaching and feedback to the participants. <i>The facilitator avoids discussions or explanations and avoids interrupting the participants' compressions practice.</i>	2 min
Questions & Reinforcement	After 2 full minutes of chest compressions, the facilitator recaps the steps, allows participants to rest and briefly reviews finer points based on observations of the compression practice. The facilitator ONLY discusses hands only techniques and avoids lengthy or complex discussions. <i>Keep it short and focused on the importance of quality compressions.</i>	2 min
One more Practice	The facilitator asks each participant to <i>practice for one additional minute</i> starting at the beginning (check, call) and ending with compressions with <i>minimal coaching or interruption</i> by the facilitator.	1 min
AED Overview	The facilitator discusses the two common methods for powering on an AED, use the laminated sheet on using an AED. <i>This is a short overview only.</i>	2
Documentation	<i>The facilitator asks each participant to complete the basic information on the Take 10 form. This is VERY IMPORTANT.</i>	0.5 min
End	The facilitator informs participants he/she will remain to answer any questions. The facilitator ensures the participant documentation is completed before participants leave.	0.5 min
Questions	The facilitator answers with an emphasis on simple, non-technical responses. The facilitator should also refer those desiring standard CPR training or a course completion card to area CPR training programs (See "Austin Area CPR and AED Certification Courses" handout).	Varies

Key Messages

In an effort to keep the messages **simple and focused**, the following key messages should be emphasized throughout the training:

- It's difficult to make the victim any worse than they already are
- If you come across someone who has collapsed, remember to use these 3 easy steps
 - Check Quickly for signs of life,
 - Call 911 or Send someone to call and to get an AED, and
 - Compress hard and fast in the center of the chest
- Quickly look for Signs of Life (movement, normal breathing or being awake)
 - If in doubt, begin chest compressions.
 - Try not to stop compressions until trained responders take over for you or the victim begins to move or breathe normally.
- Compressing the chest is fairly simple though it does take some energy. Practice makes your compressions even better.
- Giving continuous chest compressions as soon as possible gives the victim the best chance of survival
- Using an AED usually only requires three steps:
 - Turn the Power On (usually one of two methods),
 - Attach the Pads by Following the Prompts and Pictures
 - Check to ensure no one is touching the victim before pressing the shock button
- After the AED Shock or If No Shock is Advised, Get Right Back to Chest Compressions
- If you are confident you can perform chest compressions and mouth to mouth breathing, you should do both, especially for children.

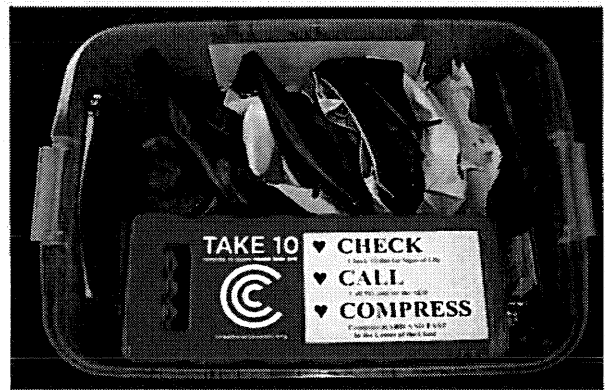
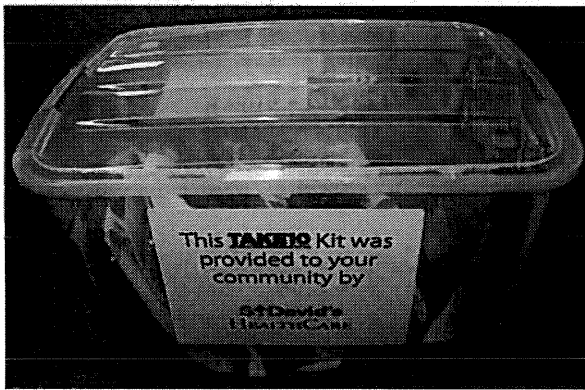
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 **Austin**

Sudden Cardiac Arrest Survival Initiative

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MINUTES TO LEARN COMPRESSION ONLY CPR

Facilitator Tool Kit



Tool Kit Contents:

- ♥ Instruction Binder – resources for facilitator
- ♥ DVD – “Nothing Tricky” by AHA – can view it on youtube.com
- ♥ 8 inflatable CPR Manikins – From AHA CPR anytime Kit
- ♥ 8 Knee Pads – ours have “Check, Call, Compress”
- ♥ Timer – for 2 minute compression practice
- ♥ AED Sheet – shows AEDs and how to turn on and place pads
- ♥ Disinfecting Wipes – to clean manikins
- ♥ Clip Board & Rosters - track participant age groups and zip codes

TAKE10

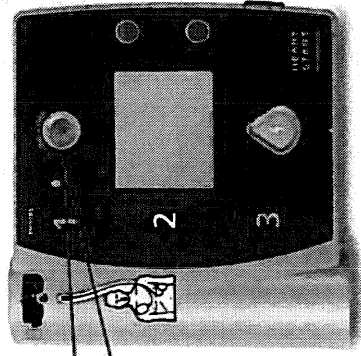
MINUTES TO LEARN COMPRESSION ONLY CPR

Event Name: _____
Event Location: _____
Event Date: _____
Facilitator: _____

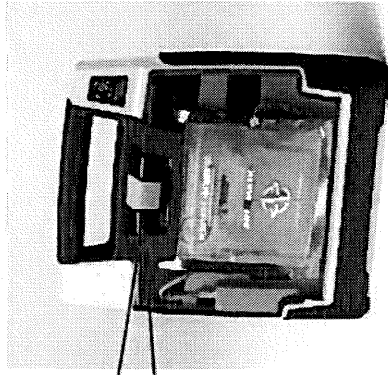
Please complete the following information for each participant. This information will help us evaluate the success of the Take Heart Austin initiative. No names, addresses or other personal information are needed. FAX or Mail to: Take Heart Austin @ 512-978-0010 or 517 South Pleasant Valley Rd, Austin, TX 78741.

	Age Group: 1 = < 18 years old 2 = 18-55 years old 3 = > 55 years old	Home Zip Code	Work or School Zip Code (if available/applicable)	Practiced ≥ 2 minutes of compressions Y/N
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

Two Common Methods to Turn on an AED



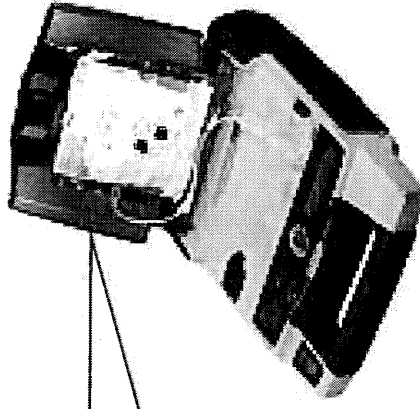
Press the On/Off Button until it lights and begins talking. The screen also gives directions.



The sticky pads may already be attached inside the AED.



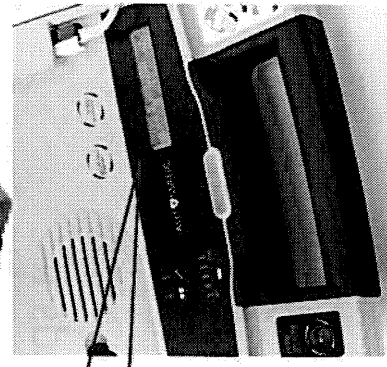
It may be stored in a case like this one. Open the case so that you can see the On/Off Button



To turn on the AED, open the lid. When the lid is open, the AED will begin talking.



Follow the directions when the AED begins to talk. Remember to put the sticky pads on the victim's bare chest



The screen also gives directions. Remember to put the sticky pads on the victim's bare chest.

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Key Points to Remember about AEDs

- ◆ Send someone for an AED, especially if you know an AED is nearby
- ◆ Give chest compressions while you are waiting for the AED to arrive
- ◆ When the AED arrives, turn it on and follow the instructions
- ◆ You can't really hurt the victim by applying an AED
- ◆ An AED will only deliver a shock if the person's heart rhythm needs it
- ◆ Learn where the AED is at your workplace, school, church & other places you commonly visit
- ◆ To learn more about how to get specific AED training, see our CPR and AED Training resource guide. Your facilitator can help you.

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MINUTES TO LEARN COMPRESSION ONLY CPR

Frequently Asked Questions When Teaching TAKE 10

Why is it okay to do CPR without mouth to mouth breathing?

- Compression only CPR has been shown to be just as effective in the first few minutes of cardiac arrest
- Bystanders are more likely to perform Compression Only CPR
- Hands only CPR is easier to remember and easier to perform in an emergency
- Immediate, high-quality chest compressions can triple survival

Where do I place my hands for chest compressions on a real person?

- The center of the chest, between the nipples, just like on the manikins
- On the Breast Bone (Sternum) – it helps to show hand placement on yourself

How hard do I press?

- At least 2 inches, for most people this is as hard as you can
- Practicing on the manikins for at least 2 minutes helps you develop muscle memory on what good compressions feel like so you will be able to give effective compressions in an emergency.

What if I know regular CPR?

- If you are CONFIDENT that you can perform good compressions and give breaths you may do so (30 compressions: 2 breaths)
 - Breaths are more important if the victim is a child
 - If you are NOT CONFIDENT that you can deliver breaths or not willing to give breaths, just do chest compressions
-

I can't get the manikin to "click"

- Check the pink tab at the bottom (there are 2 styles of manikins):
 - Adult/Child Tab – Make sure the tab is in the adult setting, if it is pushed all the way in there will be no click; if child, it will click to easily
 - On/Off Tab – Make sure the tab is pushed all the way in

