

Take 10

Compression – only CPR



Take about 10 minutes out of your life to learn compression only CPR. The class is a ten minute, three- step, hands-on training that provides practice for giving compressions and the confidence to act in an emergency. The 3 steps are:

- **Check:** For signs of life (responsiveness, normal breathing).
- **Call:** Call or direct someone to call 911 and get help on the way.
- **Compress:** Hard and fast in the middle of the chest when an adult or teen is found in sudden cardiac arrest.

For additional information, or to schedule a class for your group of 8, call Travis County ESD # 2 at 512-989-4517 or email info@pflugervillefire.org