



The Matthew Mangine Jr.  
**ONE SHOT**  
FOUNDATION™



A LIFESAVING INITIATIVE BROUGHT TO YOU BY UC HEALTH.

## The Matthew Mangine Jr. “One Shot” Foundation is proud to partner with TAKE10 Cincinnati.

### /// ABOUT ///

TAKE10 Cincinnati is a grassroots effort involving citizens, rescuers, and doctors designed to educate and rally the community about compression-only CPR, an easy-to-learn technique that can save lives.

Developed by Take Heart Austin and brought to Cincinnati by UC Health, TAKE10 is a free, 10-minute training on the hands-only technique that gives people the confidence to act in an emergency.

\*TAKE10 is not a CPR certification course.

### /// GET INVOLVED ///

With TAKE10, you can learn compression-only CPR in just 10 minutes. The goal of this program is to help you build your confidence so you are prepared to help save someone’s life.

- Free, 10-minute training.
- Focuses on 3 key things: Check for breathing. Call 911. Compress hard and fast in the center of the chest.
- Taught by TAKE10 trainers.

\*TAKE10 is not a CPR certification course. Information source provided by Take10 Cincinnati (UC)

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**ONESHOT.LIFE**

MISSION: Promoting awareness, education, and medical safety measures of all cardiac related episodes for competitive youth & high school sports.

**360,000**

PEOPLE IN THE U.S. EXPERIENCE SUDDEN CARDIAC ARREST OUTSIDE OF A HOSPITAL SETTING EACH YEAR

**10%**

FEWER THAN 10% OF VICTIMS SURVIVE

**10**

IT CAN TAKE UP TO 10 MINUTES FOR EMS TO ARRIVE

**10%**

SURVIVAL RATE DECREASES 7% - 10% FOR EACH MINUTE WITHOUT CPR

## SUDDEN CARDIAC ARREST FACTS

**#1**

CAUSE OF DEATH ON SCHOOL CAMPUSES

**#1**

KILLER OF STUDENT ATHLETES

**#2**

MEDICAL CAUSE OF DEATH UNDER THE AGE OF 25

**1/300**

YOUTH HAVE UNDETECTED HEART CONDITION THAT COULD PUT THEM AT RISK FOR SCA

Source: Team 265 – <https://www.team265.com>

