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News Release

FOR IMMEDIATE RELEASE

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Murphy Fire Rescue offers free hands-only CPR classes

MURPHY (January 30, 2017) The month of February, perhaps because of Valentine's Day, has long been considered the month when people pay special attention to affairs of the heart.

That has not escaped the attention of Murphy Fire Rescue as several qualified firefighter/paramedics will continue the tradition of offering residents free classes that could result in saving or prolonging the life of persons suffering from heart-related trauma.

The classes, lasting 15 minutes, will begin at 8 a.m. on Saturday, Feb. 11 and continue every 20 minutes until noon. Classes are held in the training classroom of the Murphy Fire Station, 206 North Murphy Road. Parking is available at the City Hall lots.

Assistant Fire Chief Greg Werner says the classes are a small investment in time that can pay vital dividends later. "During February, we think nothing of spending plenty of money on cards, chocolates, flowers and fancy dinners," he said. "In reality, spending just 15 minutes on a Saturday morning with our personnel can mean so much more."

Classes will emphasize hands-only CPR, in which participants learn to assist victims by using rhythmic compression.

"We know that the people immediately around the person suffering a heart trauma can have a significant impact on the victim's chances of survival," said the Chief. "In some situations, an AED is available, but most times, there isn't one. After completing the class, attendees will be able to deal with a heart trauma in virtually any situation."

AED stands for Automated External Defibrillator, a portable electronic device that automatically diagnoses a potentially life threatening cardiac arrest and treats the victim through defibrillation, electrical impulses which stop the heart's irregularity, allowing the heart to reestablish a rhythm. Many businesses, schools, nursing facilities and places where people congregate have AEDs available.

Very few private homes, however, are equipped with an AED, requiring occupants to use hands-only CPR in order to restore the heart's rhythm. CPR stands for cardiopulmonary resuscitation, chest compressions undertaken manually to stimulate the heart to restart a regular rhythm.

"In most cases, there is a small window for immediate action, before permanent damage occurs. These classes can make a difference in an individual's life," said Chief Werner.

The Feb. 11 classes are not designed to secure an American Heart Association Course Completion Card.

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ABOUT MURPHY -- Murphy is a fast-growing community located in Collin County. The population is approximately 18,020, generally characterized as highly educated with a median household income above the state average. With more than 70 percent of the land developed, the community is dominated by single-family residences. City planners strive to preserve a country feel while exhibiting an aggressive economic development stance. Money Magazine has dubbed Murphy as the 27th Best Place to Live in America for small cities, and D Magazine placed Murphy as the fifth best suburb in the 2014 list, where it has consistently ranked in the top 10.