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News Release

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CPR/AED and First Aid classes scheduled for Jan. 13

MURPHY (December 18, 2017) Medical professionals at all levels, as well as those individuals who seek to obtain advanced CPR/AED and First Aid skills for personal or professional reasons, are invited to attend one of two free four-hour training sessions scheduled for Saturday, Jan. 13.

The two classes, the first beginning at 8 a.m. and the second starting at 1 p.m., are open to the public and no previous training or experience is required, says Fire Chief Del Albright. "The successful completion of the classes will result in participants obtaining or renewing their American Heart Association's Heartsaver CPR/AED card."

The classes will be held in the training room of the Murphy Fire Station, 206 North Murphy Road, and will be conducted by a certified CPR instructor. Interested individuals should contact the Murphy Fire-Rescue administrative office at 972-468-4304 to register. Each class is limited to the first 12 callers.

"The American Heart Association's HeartSaver CPR/AED class is especially important for persons who are in a caretaker role, such as daycare workers, teachers, coaches, laborers and office workers," said Albright.

Research shows that about 70 percent of out-of-hospital cardiac arrests happen at home, meaning that the lifesaving skills learned in class will likely be applied to save the life of a loved one. Each year, more than 350,000 out-of-hospital cardiac arrests occur in the US. Sadly, only about 46 percent of people who experience such an in-home event get the immediate help they need to remain stable before professional help arrives.

Cardiac arrest, defined as an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs, is a leading cause of death in the US. When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby. Almost 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed in the first few minutes of cardiac arrest, can double or triple a person's chance of survival.

The HeartSaver class prepares individuals to use their hands in administering the lifesaving treatment. There is no written exam for the HeartSaver card, but it does require participants to demonstrate hands-on proficiency. Cards remain valid for a two-year period. In addition, the classes include training on how to relieve choking on an adult.

The courses use the Practice-While-Watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning. Again, registration is required and can be accomplished by calling Murphy Fire-Rescue at 972-468-4304. Instructors will only accept the first 12 registrants for each class.

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ABOUT MURPHY -- Murphy is a fast-growing community located in Collin County. The population is approximately 19,330, 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.