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News Release

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Murphy Fire Rescue sets free CPR classes on Feb. 17

MURPHY (February 8, 2018) The first of two 2018 free CPR training sessions is scheduled for Saturday, Feb. 17 at the Murphy Fire Station.

Fully-qualified firefighter/paramedics from Murphy Fire Rescue will conduct the 15-minute classes, beginning at 8 a.m. and continuing 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.

“The classes represent a 15-minute investment of time that can mean adding years to a victim’s lifetime,” says Fire Chief Del Albright. “Unless you’re a medical professional or a trained first responder, an emergency at home with a cardiac arrest victim may present you with a life and death situation for which you may not be prepared.”

The 15 minutes spent learning CPR can give residents the skills necessary to keep calm and initiate life-saving efforts.

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

“The people immediately around the person suffering a heart trauma can have a significant impact on that person’s chances of survival,” said the Chief. “In some situations, an AED is available, but most times, there isn’t anything other than your hands and arms. 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 allow 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, a small window of opportunity exists for someone to make a difference. These classes can help make the most of that small window,” said the Chief.

No registration is required for the classes, and there is no age restriction for participants, although participants must be strong enough to generate full chest compressions for several minutes.

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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.