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# News Release

FOR IMMEDIATE RELEASE  
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## Murphy Fire Rescue offers free hands-only CPR classes *Classes include instruction and practice on fire extinguishers*

MURPHY (July 10, 2018) Members of Murphy Fire Rescue will offer free hands-only CPR classes for members of the public who wish to learn this life-saving technique. Classes are scheduled during the morning of Saturday, July 28.

Several fully-qualified firefighter/paramedics will conduct the classes. The classes, lasting 20 minutes, will begin at 8 a.m. and continue 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.

Following the CPR classes, firefighter instructors will add an additional opportunity for participants to learn yet another lifesaving skill by taking class participants into the fire station bay for some instruction and practice on fire extinguishers.

Fire Chief Del Albright says the classes are an opportunity for his staff to share some of their knowledge with residents. "An emergency at home with a cardiac arrest victim can paralyze people with fear and anxiety," he said. "Spending just 20 minutes on a Saturday morning with our personnel can provide the skills necessary to initiate life-saving efforts in a calm and efficient manner."

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

"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 most cases, there isn't anything other than your hands that can be used. After completing the class, attendees will be able to deal with a heart trauma in virtually any situation."

Many businesses, schools, nursing facilities and places where people congregate have AEDs, Automated External Defibrillators, portable electronic devices that automatically diagnose a potentially life threatening cardiac arrest and treat the victim through defibrillation, allowing the heart to reestablish a rhythm.

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 Albright.

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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 27<sup>th</sup> 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.