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News Release

FOR IMMEDIATE RELEASE

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Hands-only CPR classes offered on Saturday, Nov. 7 *Classes are free and offered every 20 minutes at Fire Station*

MURPHY (October 7, 2015) Nearly four out of five cardiac arrests in the US happen at the home of the victim, making the free life-saving CPR training offered by Murphy Fire-Rescue on Nov. 7 all the more valuable, says Fire Chief Mark Lee.

“Saving or prolonging the life of a cardiac arrest victim can give our paramedics a chance to get there,” he said. “Once our first responders arrive, they can deliver more extensive emergency care and transport that person to the hospital, if necessary.”

Almost 400,000 out-of-hospital cardiac arrests are recorded in the US every year. With that in mind, Murphy Fire-Rescue is offering free classes in what is commonly referred to as “Hands Only” CPR (cardio pulmonary resuscitation).

The 15-minute classes are scheduled for Saturday, Nov. 7 starting at 8 a.m. and continuing every 20 minutes. The last class of the day starts at noon. Classes are held in the training room of the Murphy Fire Station, 206 North Murphy Road. Instructors are firefighter/paramedics who are all fully certified in this life-saving activity. Parking is available in the various lots surrounding the Municipal Complex.

Hands Only CPR is the practice of initiating chest compressions manually to stimulate the heart to regain a regular rhythm. CPR forms the most effective non-mechanical method for civilian personnel to assist a person in cardiac arrest. Mouth-to-mouth resuscitation, while effective in some instances, is not a requirement to sustain life in the event of a cardiac arrest.

Of course, summoning help by dialing 9-1-1 is essential. Providing complete and accurate information to the 9-1-1 dispatcher, especially if calling from a mobile phone, and remaining on the line while following instructions are optimal.

“In most cases, there is a small window for immediate action before permanent damage occurs. These classes can make a difference during those first critical minutes,” said Lee. “Often, time itself is our worst enemy. That’s why family, friends and even visitors can play a crucial role in saving a life.”

In addition to the classes, the Nov. 7 sessions will provide opportunities for persons to sign up for the full American Heart Association Heartsaver classes.

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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. The centrally-located municipal complex includes four buildings that house Fire, Police, City Administration and Public Works. 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.