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News Release

FOR IMMEDIATE RELEASE

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Give a life-saving Valentine at ‘Save a Heart’ CPR class

MURPHY (February 2, 2016) In addition to candy, chocolates, flowers and dinner, Murphy residents are being encouraged to think about giving their loved ones a different kind of Valentines gift this year, says Fire Chief Mark Lee.

“With a 15-minute investment, a person can give his or her family the peace of mind that comes with being prepared for an emergency,” he said. “While candy, flowers, chocolate and dinner are great Valentines gifts, training in CPR lasts much longer and can literally save a life.”

Murphy Fire Rescue is offering free “Save a Heart” classes, scheduled for Saturday, Feb. 13 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 classroom of the Murphy Fire Station, 206 North Murphy Road.

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

“The people close to the person suffering a heart trauma can have a significant impact on the victim’s chances of survival by implementing this procedure,” he said. “After completing these classes, participants will be able to deal with a heart trauma in virtually any situation.”

The procedure, called hands-only CPR, is designed to restore the heart’s rhythm. CPR stands for cardiopulmonary resuscitation, which is a set of chest compressions undertaken manually to stimulate the heart to restart a regular rhythm.

“There is a small window for immediate action when a cardiac trauma occurs. These classes can make a difference in saving an individual’s life,” said Chief Lee.

In addition to the classes, the Feb. 13 sessions will provide opportunities for persons to sign up for the full American Heart Association Heartsaver class.

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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.