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News Release

FOR IMMEDIATE RELEASE

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Pair of CPR classes scheduled for Saturday, March 5

Call-in registration is required for both classes

MURPHY (March 2, 2016) Area medical providers, paramedics, emergency medical technicians, nurses and lifeguards who are seeking to obtain or renew their American Heart Association's Healthcare Provider CPR card are invited to attend a free afternoon session on Saturday, March 5 at Murphy Fire Rescue, says Fire Chief Mark Lee.

"This is an advanced training session that doctors, dentists, nurses and others in the medical field must have," he said. "We're pleased to offer it at no charge for anyone who needs to get the card or update their certification."

The advanced class is set for Saturday, March 5 from 1 p.m. to 5 p.m. at the Murphy Fire Station, 206 North Murphy Road. Interested individuals should contact the Murphy Fire-Rescue administrative office at 972-468-4304 to register. Class size is limited to the first 12 callers.

In addition, Murphy instructors will conduct a morning class designed for the general public. Called the American Heart Association HeartSaver CPR/AED class, this training is especially important for persons who are in a caretaker role, such as daycare workers, teachers, coaches, laborers and office workers.

The morning's HeartSaver class is also free of charge and it will be held from 8 a.m. to noon in the same location. Research has revealed that almost 90 percent of cardiac emergencies happen at home. Knowing how to administer CPR can often save the life of a toddler or an elderly person until medical help arrives.

"These two sessions are necessary for many reasons," said the Chief. "The afternoon session is a mandatory certification for people who hold our lives in their hands, and the morning session can often mean the difference between life and death."

While the afternoon Healthcare Provider class is tailored to a more detailed assessment and use of equipment found in hospitals or dental offices and includes a written and hands-on skills test, the HeartSaver class in the morning 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. Both cards remain valid for a two-year period. In addition, this class includes training on how to relieve choking on an adult.

The course uses 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 this class as well.

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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.