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News Release

FOR IMMEDIATE RELEASE
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Free hands-only CPR offered by Murphy Fire Rescue *Classes held at Murphy Fire Station on Saturday, Feb. 16*

MURPHY (February 6, 2019) Members of Murphy Fire Rescue will offer free hands-only CPR classes for members of the public who wish to learn the life-saving skill. These sessions will be followed by instructions on the proper use of a household fire extinguisher.

Several fully-qualified firefighter/paramedics will conduct the classes on Saturday, Feb. 16. The classes, lasting 15 minutes, will begin at 8 a.m. and continue every 20 minutes until noon. Classes are held in the training classroom of the Murphy Fire Station, 206 North Murphy Road. The fire extinguisher portion will move to one of the fire station's vehicle bays. Parking is available at the City Hall lots.

"Spending just 15 minutes on a Saturday morning with our personnel can give anyone the skills they need to keep calm and initiate life-saving efforts or put out a small fire," says Fire Chief Del Albright. "Unless they're medical professionals or trained first responders, an emergency at home with a cardiac arrest victim or a kitchen fire can render people incapacitated with fear and panic."

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

"It's clear that 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 most situations, there isn't anything to use other than your hands. After completing the class, attendees will be able to better deal with a heart trauma. They'll also be ready to douse what could potentially become a disastrous fire."

The usefulness of knowing hands-only CPR to keep the person alive has proven itself time after time. CPR stands for cardiopulmonary resuscitation, chest compressions administered manually to keep blood circulation throughout the body until medical help arrives.

"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.

The Feb. 16 classes are not designed to secure an American Heart Association Course Completion Card.

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ABOUT MURPHY -- Murphy is a fast-growing community located in Collin County. The population is approximately 20,010, generally characterized as highly educated with a median household income well above the state average. With more than 80 percent of the land developed, the community is dominated by single-family residences. City planners strive to preserve a family-oriented community with a strong sense of place. 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.