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News Release

FOR IMMEDIATE RELEASE

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‘Save a Heart’ CPR classes set for Valentine’s weekend

MURPHY (January 14, 2016) Appropriately scheduled for the day before Valentine’s Day, Murphy Fire Rescue is offering free “Save a Heart” classes that could save or prolong the life of persons suffering from heart-related trauma, says Fire Chief Mark Lee.

“Hearts of every kind are the traditional way of celebrating Valentine’s Day,” he said. “We think it’s a very appropriate time to think about saving real hearts as well as giving candy hearts.”

The 15-minute classes are 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.

“Very often the people around the person suffering a heart trauma can have a significant impact on the victim’s chances of survival,” he said. “In some situations, an AED is available, but most times, there isn’t one. After completing the class, attendees will be able to deal with a heart trauma in virtually any situation.”

AED stands for Automated External Defibrillator, a portable electronic device that automatically diagnoses a potentially life threatening cardiac arrest and treats the victim through defibrillation, the application of electrical impulses which stop the heart’s irregularity, allowing the heart to reestablish an effective rhythm.

The absence of an AED, however, requires 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 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.