

NEWS RELEASE

FOR IMMEDIATE RELEASE

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North Metro Fire Offers Free Non-Certification CPR Classes in February

Broomfield/Northglenn, CO — Having residents trained in hands-only cardiopulmonary resuscitation (CPR) is one of the best ways North Metro Fire Rescue District can improve the survival rate of cardiac arrest patients. That's why North Metro Fire is offering free Family and Friends® CPR classes on February 10 at the District's Headquarters, 101 Spader Way, Broomfield.

According to the American Heart Association, of the more than 1,000 people who go into cardiac arrest outside of the hospital every day, only one in 10 survives. If a victim receives CPR immediately after going into arrest, their chances of survival increase by two to three times. However, only 40 percent of cardiac arrest victims receive CPR by a bystander.

Current guidelines encourage residents to use hands-only CPR to resuscitate a patient until first responders arrive. As part of the Family and Friends® CPR class, participants will watch an instructional video and get to practice hands-only compressions on CPR mannequins under the supervision of North Metro firefighters. They will also learn how to use an automated external defibrillator (AED) to help revive a potential cardiac arrest victim. While the class does not offer a CPR certification card, participants will leave knowing how to deliver potentially lifesaving CPR to anyone.

Those wishing to sign up for one of the 2-hour Family and Friends® CPR courses in February can sign up online at www.nmfr.org/cpr or can call North Metro Fire Headquarters at 303-252-3017. Classes will be offered at 9 a.m., noon and 3 p.m. While registration is preferred to secure a spot, walk-in participants are also welcome to attend if there is space in the class. Classes are open to all ages at no charge thanks in part to donated equipment from Mile-High RETAC.

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North Metro Fire Rescue District

North Metro Fire Rescue District is dedicated to providing quality service to its residents through fire protection, emergency medical services, hazardous materials response and specialized rescue. Formed in 1946, the District now covers 63 square miles with a population of approximately 117,000 people including the City and County of Broomfield, the City of Northglenn and unincorporated areas of Boulder, Adams, Weld and Jefferson Counties.