



FOR IMMEDIATE RELEASE

Media Contact:

Lauracindy Plague Dávila
Communications Manager
lplaguedavila@fhgov.com
248-871-2509 (office)

Be Prepared: Farmington Hills Fire Department Offers Community CPR Training on Sept. 25 during Emergency Preparedness Month

Participants will also learn vital AED and Stop the Bleed tourniquet skills

FARMINGTON HILLS, Mich. (Sept. 3, 2025) – The Farmington Hills Fire Department and the City of Farmington Hills Emergency Preparedness Commission are offering an American Heart Association Heartsaver® class to train members of the public in CPR, AED and Stop the Bleed tourniquet skills on **Thursday, Sept. 25**. The course is designed for everyone, including people with little to no medical training. Each September is observed nationally as Emergency Preparedness Month to encourage preparation for disasters and emergencies, such as incidents of cardiac arrest.

“We know every second counts when it comes to cardiac arrest and traumatic injuries,” said Farmington Hills Fire Chief Jon Unruh. “Thanks to community members who participate in this lifesaving course, and our highly skilled EMTs and paramedics, Farmington Hills has one of the highest cardiac arrest survival rates in the United States.”

According to the American Heart Association, more than 350-thousand cardiac arrests occur outside of the hospital each year. Bystander intervention can double, or even triple, a person’s chance of survival if CPR is administered immediately after cardiac arrest. Through this vital training, participants will learn how to recognize cardiac arrest and the actions to take while awaiting first responder arrival.

The class, open to individuals ages 12 and up, will be held **from 5:30-10 p.m. on Thursday, Sept. 25 at Fire Station #4 located at 28711 Drake Road**. Children under 18-years-old must register with a parent or guardian. Registration fees are \$10 for Farmington Hills and Farmington residents, and \$20 for non-residents. An additional \$20 fee, regardless of residency, is required for the American Heart Association Certificate of Training, which is valid for two years and can be printed or accessed online. Participants must be physically capable of kneeling on the floor and performing continuous chest compressions using their arms and hands.

To ensure an optimal student-instructor ratio, **registration fees are due Thursday, Sept. 18**, one week prior to the class, and are non-refundable. To register, or for more information, contact FDevents@FHgov.com.

###

About the City of Farmington Hills

The City of Farmington Hills is a place where everyone is welcome. Founded in 1973, it is one of the largest communities in Oakland County. Farmington Hills is home to more than 83,000 residents who speak more than 60 languages, and more than 75 Fortune 500 businesses, including multinational corporations like Nissan and Bosch. The City is routinely recognized as one of the safest cities of its size and is known for its extensive amenities, including over 600 acres of parks, 90 athletic fields, six miles of hiking and walking trails, the Farmington Hills Golf Club, and an Ice Arena. Farmington Hills is also home to The Hawk, an award-winning, approximately 270,000-square-foot

recreation and arts venue, which includes The Hawk Theatre and The Hawk Makerspace. For more information, visit www.fhgov.com.

31555 West Eleven Mile Road • Farmington Hills, MI 48336 • 248.871.2500 Phone • 248.871.2501 Fax

Follow the City on [Facebook](#) • [Subscribe to the eNews](#) • Sign Up for [FH ALERTS](#)

Note for reporters: Although the Cities of Farmington Hills and Farmington share similar names and are both communities in Oakland County, they are two distinct and separate cities. Farmington Hills is the larger of the two, both in population and size. Farmington is a historic city with its own unique governance and community. Please be sure to differentiate between the two cities in your reporting to avoid confusion.