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**Media Contact:**

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

## **Learn Lifesaving Skills: Join the Farmington Hills Fire Department's CPR Training on Aug. 22**

*Participants will also learn lifesaving AED and Stop the Bleed tourniquet skills*

**FARMINGTON HILLS, Mich. (July 31, 2024)** – 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 training on **Thursday, Aug. 22**. The course is designed for anyone, including people with little to no medical training.

“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, Aug. 22 at Fire Station #4 located at 28711 Drake Road**. Children under 18-years-old must register with a parent or guardian. Registration is \$10 for residents of Farmington Hills and Farmington and \$20 for non-residents. To receive an American Heart Association Certificate of Training, an additional \$20 fee is required regardless of residential status. The electronic certification card can be printed or accessed online and is valid for 2 years. The class requires that participants are physically able to kneel on the floor, and use their arms and hands to perform continuous chest compressions.

To ensure the proper student-instructor ratio, **registration fees are due by Thursday, Aug. 15** and are non-refundable. Payments may be made with cash or check at the City of Farmington Hills Fire Department Headquarters/Station #5 at 31455 W. Eleven Mile Road. Cash payments must be made with exact change and checks should be made payable to City of Farmington Hills.

To register, or for more information, contact [FDevents@FHgov.com](mailto:FDevents@FHgov.com).

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### **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 and most diverse 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 known for its extensive amenities, including its 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, 245,000-square-foot recreation and performance venue, which includes The Hawk Theatre and The Hawk Makerspace. For more information, visit [www.fhgov.com](http://www.fhgov.com).

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