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## **Help Save a Life: Farmington Hills Fire Department Hosts CPR Training for Community Members on Sept. 26**

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

**FARMINGTON HILLS, Mich. (Aug. 29, 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, Sept. 26**. 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, Sept. 26 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 by Thursday, Sept. 19**, one week prior to the class, 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; 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).

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