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NEWS RELEASE

Hands-only CPR can save lives

El Paso Fire Department encourages the public to learn hands-only CPR

El Paso, Texas – Heart disease is the number 1 killer of Texans, with four out of five cardiac arrests occurring at home. Often times, friends, family or colleagues are the first bystanders when these medical emergencies occur. By having the majority of the populace trained in hands-only CPR, important medical intervention can occur while first responders arrive.

Every year, the El Paso Fire Department conducts several events to teach hands-only CPR to the public. Once again, EPFD will join the Drowning Prevention Coalition of El Paso to conduct **May Day**, a city-wide hands-only CPR training to raise public awareness and train as many people as possible to save lives. The class is open to adults and children ages 4 and up.

The FREE basic, hands-only CPR classes will be offered every 30 minutes on **Saturday May 20 from 10 a.m. to 2 p.m.** at the Fire Training Academy inside Ascarate Park, 6800 Delta Dr. Every person who completes the 20-minute class will receive a free swim pass to any El Paso pool and a lunch meal prepared by Fire Chief Mario D’Agostino and his leadership staff. Additionally, 100 day passes to Wet N’ Wild Waterworld will be given out.

“The emphasis is to teach people to get involved when they see an emergency by first calling 9-1-1 and then doing hands-only CPR until help arrives,” said Fire Paramedic Martin Dominguez. “It just takes 5 minutes to learn Citizen CPR, but hopefully those who take this class will want to take a full CPR class in the future.”

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