

September 12, 2013

News Release

For Immediate Release

Free CPR training in 30 minutes or less

On September 14, the public can stop by any Springfield Fire Station between 8 am and 5 pm and be trained in hands-only CPR in less than 30 minutes. The American Red Cross has an aggressive goal to train over 15,000 people across the region during *Save a Life Saturday*, community event aimed at providing citizens with valuable training of hands-only CPR. The Springfield Fire Department and Firefighter's Local 152 are pleased to partner with the American Red Cross to help them reach this goal.

The locations of Springfield Fire Stations are as follows:

- Fire Station #1: 720 E. Grand
- Fire Station #2: 608 W. Commercial
- Fire Station #3: 205 N. Patterson
- Fire Station #4: 2423 N. Delaware
- Fire Station #5: 2750 W. Kearney
- Fire Station #6: 2620 W. Battlefield
- Fire Station #7: 2129 E. Sunshine
- Fire Station #8: 1405 S. Scenic
- Fire Station #9: 450 W. Walnut Lawn
- Fire Station #10: 2245 E. Galloway
- Fire Station #11: 4940 S. Fremont
- Fire Station #12: 2455 S. Blackman

Each fire station will also have a box to help collect disaster supplies for the Red Cross during National Preparedness Month.

The purpose of the American Red Cross hands-only CPR course is to teach untrained bystanders how to perform compression-only CPR. Participants will view a video and receive hands-on training in how to perform compressions. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

For more information, contact Fire and Life Safety Educator Cara Erwin at 417-864-1699 or Nigel Holderby, with the Southern Missouri Region of the American Red Cross, at 417-832-9500 Ext. 3107.