

News Release ~ For Immediate Release

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High Country Fire-Rescue Celebrates 1st Anniversary with Free CPR Classes

High Country Fire Rescue announced it is celebrating it's 1st year of service in the community by providing free CPR classes to the public. High Country Fire Rescue became a non-profit Arizona corporation in July of 2008 and began answering emergency calls as the primary 911 responder in August 2008. "Our goal is to saturate the community with CPR trained people," stated Richard Nix, Public Information Officer for High Country Fire Rescue. "When a victim needs CPR, the first few minutes are critical to their survival and having bystanders knowledgeable in CPR is key to that," he added.

Recent changes in CPR methods have made learning the skills extremely simple. "It now only takes 45 minutes to an hour to gain the knowledge needed to save a life. This bridges a critical gap between the discovery of a problem and the arrival of emergency personnel," Richard said.

"One of our Junior Firefighters, Logan Stiver, was recently certified in a more complicated 8 hour class and he's 11 years old," Richard stated. "If he can do it, there's no reason the rest of the community can't learn the simplified version. Our goal is to make the training available so that there is no excuse," he added.

High Country Fire Rescue will be scheduling classes to begin in July and will continue to hold classes as long as there is a need. The classes are designed for groups of 10 to 20 people. "This is something you can do as a group or family," stated Richard. "If you want to take the class we can schedule you into a group, we're only limited by the number of instructors and manikins," he added.

High Country Fire Rescue was recently awarded a grant from the Northern Arizona Emergency Medical Services Council (NAEMS) for CPR manikins. "The intent was to provide instruction for the community at large, but we'll be using the manikins for our training as well," Richard stated. He added that "All High Country personnel are certified as Emergency Medical Responders and CPR providers."

In an emergency always call 911. To contact High Country Fire Rescue for class information call 635-9988 Monday through Friday, between 0900 and 1500 hrs

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