



PRESS RELEASE

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**FOR IMMEDIATE RELEASE
FEBRUARY 15, 2024**

STOP THE BLEED, HANDS-ONLY CPR COURSES OFFERED

Muscatine Fire Department offering two courses to empower bystanders to act

MUSCATINE, Iowa – The number one cause of preventable death after an injury is bleeding, but with some quick actions you can be trained and empowered to save a life.

The Muscatine Fire Department is sponsoring a series of STOP THE BLEED® and Hands-Only CPR Training courses this year to provide residents with the tools to save lives during an emergency. All courses will be held from 8 a.m. to 12 p.m. in the conference room at Muscatine Fire Station #2, 2124 Stewart Road, Muscatine. The courses are free of charge.

"These classes are part of our community education for emergency medical services," Gary Ronzheimer, Battalion and EMS Chief for the Muscatine Fire Department, said. "These public programs increase the chance of an individual surviving a traumatic event by providing the training for bystanders to act confidently until first responders arrive on the scene."

Classes are currently scheduled for February 24 (7 spots remain open), May 4 (7 spots open), August 31 (8 spots open), and November 9 (8 spots open). To register, contact the Muscatine Fire Department by phone 563-263-9233.



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The goal of the STOP THE BLEED® program is to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. The U.S. Department of Homeland Security states that no matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, therefore it is important to quickly stop the blood loss.

The STOP THE BLEED® course will provide citizens with the tools to stop the bleeding with the use of direct pressure and how to properly use a tourniquet if needed.

The Hands-Only CPR course will provide citizens with the two-step process to immediately provide CPR to a victim until professional help arrives without the worries of mouth-to-mouth contact. Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work, or in public according to the American Heart Association.

The courses are part of the Muscatine Fire Department's community education program.

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