

# CITY OF MUSCATINE

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## STOP THE BLEED, HANDS-ONLY CPR COURSES OFFERED

Muscatine Fire Department offering two courses to empower bystanders to act

**MUSCATINE, Iowa** – The leading cause of preventable death following an injury is bleeding. However, individuals can be trained to take quick and proper action that will empower them to help stop the bleeding and potentially save a life.

No matter how fast professional emergency responders arrive, bystanders will always be the 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. Those nearest to someone with life threatening injuries are best positioned to provide first care.

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

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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."

In 2024 a total of 47 citizens and 15 Muscatine Police Officers were trained in life-saving hemorrhage control techniques.

"This is a great opportunity for citizens to learn techniques that can keep a victim alive until first responders arrive," Lt. Joe Rymars said. "These are techniques you could use at home, at work, or when out in public."

Classes are currently scheduled for March 8, May 24, September 13, and November 15. To register, contact the Muscatine Fire Department by phone 563-263-9233 or email Lieutenant Joseph Rymars ([jrymars@muscataineiowa.gov](mailto:jrymars@muscataineiowa.gov)). Each class is limited to only eight to 10 participants so be sure to register early to guarantee your spot.

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.

Cardiac arrest, an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and stops the flow of blood to the brain, lungs, and other organs, is a leading

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cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States according to the American Heart Association (AHA).

When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby.

According to the AHA, about 90 percent of people who suffer out-of-hospital cardiac arrest die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

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 AHA.

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

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