



## Free Community CPR/Stop the Bleed Classes

**STEAMBOAT SPRINGS, COLORADO-April 29, 2019**-Steamboat Springs Fire Rescue will be offering two FREE CPR/Stop the Bleed Community Classes so individuals can arm themselves with the skills to save a life.

“Having someone do CPR right away or being able to stop bleeding until help arrives are two key life-saving tools that we all should learn,” said Chuck Cerasoli, Deputy Fire Chief. “As part of EMS week, we’re excited to bring these opportunities to the community.”

The two free community classes will take place on Wednesday, May 22 at the Community Center. The morning session will run from 9am to 12pm and the evening session from 5pm to 8pm. Each three-hour class will be limited to 36 participants. Registration for the classes are required and can be made online at [steamboatsprings.net/fire](http://steamboatsprings.net/fire).

Stop the Bleed is a national awareness campaign and call-to-action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.



Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies, including a heart attack or near drowning, in which someone’s breathing or heartbeat has stopped. The American Heart Association recommends that everyone — untrained bystanders and medical personnel alike — begin CPR with chest compressions.

“It’s far better to do something than nothing at all and these classes will arm you with the skills to be ready should you be put in that situation,” said Steamboat Springs Fire Rescue’s Nick Kuchulis. “As we’ve seen, quick action can mean the difference between someone being here another day.”

The community classes coincide with the 45<sup>th</sup> Annual National EMS Week. In 1974, President Gerald Ford authorized EMS Week to celebrate EMS practitioners and the important work they do in our nation’s communities. EMS Week brings together local communities and medical personnel to honor the dedication of those who provide the day-to-day lifesaving services of medicine’s front line. EMS Week is the perfect time to recognize EMS and all that its practitioners do for our community.

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