



FOR IMMEDIATE RELEASE

Media Contact:

Lauracindy Plague Dávila
Communications Manager
lplaguedavila@fhgov.com
248-871-2509 (office)

**Be Prepared to Help: Farmington Hills Fire Department Offers
Community CPR Training on Feb. 18 during American Heart Month**

Participants will also learn other first aid skills, including how to use an AED and tourniquet

FARMINGTON HILLS, Mich. (Jan. 28, 2026) – The Farmington Hills Fire Department and the City of Farmington Hills Emergency Preparedness Commission are offering an American Heart Association Heartsaver® class to train members of the public in CPR, AED and Stop the Bleed tourniquet skills on **Wednesday, Feb. 18**. The course is designed for everyone, including people with little to no medical training. February is American Heart Month, when community members are encouraged to learn more about cardiovascular health.

“This class will give community members the skills they need to start lifesaving measures when a traumatic injury or illness happens,” said Farmington Hills Fire Chief Jon Unruh. “Every second counts, especially in an instance of cardiac arrest and we want to make sure our community is as prepared as possible.”

According to the American Heart Association, more than 350-thousand cardiac arrests occur outside of the hospital each year. Bystander intervention can double, or even triple, a person’s chance of survival if CPR is administered immediately after cardiac arrest. Through this vital training, participants will learn how to recognize cardiac arrest and the actions to take while awaiting first responder arrival.

The class, open to individuals ages 12 and up, will be held **from 5:30-10 p.m. on Wednesday, Feb. 18 at Fire Station #4 located at 28711 Drake Road**. Children under 18-years-old must register with a parent or guardian. Registration fees are \$10 for Farmington Hills and Farmington residents, and \$30 for non-residents. An additional \$20 fee, regardless of residency, is required for the American Heart Association Certificate of Training, which is valid for two years and can be printed or accessed online. Participants must be physically capable of kneeling on the floor and performing continuous chest compressions using their arms and hands.

To ensure an optimal student-instructor ratio, **registration fees are due Wednesday, Feb. 11**, one week prior to the class, and are non-refundable. To register, or for more information, contact FDevents@FHgov.com.

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About the City of Farmington Hills

The City of Farmington Hills is a place where everyone is welcome. Founded in 1973, it is one of the largest communities in Oakland County. Farmington Hills is home to more than 83,000 residents who speak more than 60 languages, and more than 75 Fortune 500 businesses, including multinational corporations like Nissan and Bosch. The City is routinely recognized as one of the safest cities of its size and is known for its extensive amenities, including over 600 acres of parks, 90 athletic fields, six miles of hiking and walking trails, the Farmington Hills Golf Club, and an Ice Arena. Farmington Hills is also home to The Hawk, an award-winning, approximately 270,000-square-foot

recreation and arts venue, which includes The Hawk Theatre and The Hawk Makerspace. For more information, visit www.fhgov.com.

31555 West Eleven Mile Road • Farmington Hills, MI 48336 • 248.871.2500 Phone • 248.871.2501 Fax
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Note for reporters: Although the Cities of Farmington Hills and Farmington share similar names and are both communities in Oakland County, they are two distinct and separate cities. Farmington Hills is the larger of the two, both in population and size. Farmington is a historic city with its own unique governance and community. Please be sure to differentiate between the two cities in your reporting to avoid confusion.