



# City of Cottonwood Fire Department



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## For Immediate Release

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## Cottonwood Fire Department Provides CCC-CPR Training at Cottonwood Ranch

On Tuesday, October 7, 2014, Cottonwood Fire Department (CFD) personnel, provided “Continuous Chest Compression-Cardio Pulmonary Resuscitation” (CCC-CPR) training the Cottonwood Ranch clubhouse. CCC-CPR is an easily learned, potentially life-saving procedure, administered to cardiac arrest victims. CCC-CPR instruction was provided to 8 attendees including Cottonwood Ranch clubhouse staff and residents. In addition to the CCC-CPR, attendees were also taught how to use an “Automated External Defibrillator (AED). The AED is a device designed to be utilized by bystanders to deliver a potentially life-saving “shock” to victims of sudden cardiac arrest.



During the approximately one-hour class, attendees received instruction via lecture, DVD and “hands on” training on mannequins. All attendees were excited to learn these subjects and provided very positive feedback to our personnel.

For further information please contact the Cottonwood Fire Department at 928-634-2741