



MEDIA RELEASE

13 December 2005

St John thanks Local Heart-Starting Club

St John (NSW) thanks the Richmond Club for their donation of two automated external defibrillators, which will be presented to St John Hawkesbury City Division members at the club on Wednesday 14 December at 3pm.

Defibrillators are safe, reliable and simple to use in the unfortunate incident of someone suffering a cardiac arrest and are an essential step in overcoming Australia's cardiac arrest problem.

St John (NSW), Hawkesbury City Division Superintendent, John Christie said, "Automated defibrillators really are the safest and most effective way for our members to save the lives of sudden cardiac arrest casualties when they are at public events and duties locally and throughout NSW. They are a critical step in the 'chain of survival' for a sudden cardiac arrest victim."

"These two defibrillators will ensure that units are available at an even greater number of events attended to by St John volunteers, particularly in the Hawkesbury area."

"St John first aid volunteers have had many successes in reviving cardiac arrest casualties that would have otherwise been another statistic," he said.

The current survival rate from sudden cardiac arrest outside a hospital is less than 5%. Unfortunately, CPR alone is often just not enough.

Prominent cardiologist, Professor Michael O'Rourke, states that defibrillation is the only real chance people have of surviving a sudden cardiac arrest.

"If someone receives defibrillation within the first 3 minutes of having a sudden cardiac arrest, their chance of survival improves dramatically, well over 50%. It really does make a significant difference," said Professor O'Rourke.

For further information about St John volunteers, courses and products call 1300 360 455 or visit www.stjohnnsw.com.au.

ENDS

Photo opportunities: Photo opportunities with members of St John and the Richmond Club will be available at the presentation:

Venue: Richmond Club
Address: Cnr Francis & East Market Street, Richmond
Date: 14 December
Time: 3pm

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