



## MEDIA RELEASE

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### **St John- reducing cardiac related deaths**

St John (NSW) Murray Training Region now has two defibrillators for use by volunteers when training the local community in first aid.

Defibrillators are safe, reliable and simple to use and significantly improve the chance of survival in the unfortunate event that someone suffers from sudden cardiac arrest.

The current survival rate from sudden cardiac arrest outside a hospital is less than 5% and CPR alone whilst important as a first response is often just not enough to save a casualty's life.

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 Chris Chant, Officer in Charge, St John (NSW) Albury Division. "Automated defibrillators are the safest and most effective way for our volunteers or members of the public to save the lives of family, friends and co-workers following sudden cardiac arrest. They are a critical step in the 'chain of survival' for a sudden cardiac arrest victim."

"These defibrillators were used by St John volunteers at the Sydney Olympics and similar models have been used by St John volunteers to save lives,"

"St John first aid volunteer trainers in the Murray region will now have greater access to defibrillators to use to demonstrate and use for training purposes. Widespread availability of automated external defibrillators in the community is necessary to overcome Australia's sudden cardiac arrest problem," said Mr Chant.

St John (NSW) encourages all local community organisations, groups and business to consider the installation of a defibrillator in public places and other venues where groups of people live or meet.

For further information contact St John on 1300 360 455.

**ENDS**

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