



## MEDIA RELEASE

24 January 2005

# St John NSW congratulates first aid MP

St John (NSW) congratulates Dr Brendan Nelson, MP, for his bravery and quick thinking in performing CPR on a casualty suffering from cardiac arrest.

St John Ambulance Australia (NSW) would like to emphasise the correct first aid steps to take when a person is experiencing sudden cardiac arrest:

1. Call 000 for an ambulance
2. place hands for CPR
3. Commence chest compressions
4. Complete 15 compressions, follow with two effective breaths.
5. Continue breathing and compressions at a rate of two breaths for every 15 compression at a rate of 4 cycles per minute
6. Check for circulation every minute

St John research has found that over 72% of the population don't have a current first aid certificate. St John highly recommends that people do a first aid course and equip themselves with the skills to assist any casualty in any situation.

To learn first aid call 1300 360 455.

### Media Contact/ Interviews

Sarah Jauncey  
St John (NSW)  
T: 02 9219 6856  
M: 0410 220 872