



17 October 2006

St John - increasing life saving skills in Cooma

St John Ambulance will be running first aid courses in Cooma on a regular basis from Monday 23rd October.

Courses will range from Senior First Aid and refresher courses to ensure the local community and various workplaces have the most up-to-date skills.

"With the changes in CPR earlier in the year, St John is committed to ensuring that everyone is familiar with the new skills, especially in the workplace and the home where most incidents are likely to happen," said Connie Tonkin, Regional Manager.

"The rates of home injuries are relative to the age of the child. 80% of home injuries occur to one year olds, 40% of home injuries occur to 5-9 year olds and 25% to 10-14 year olds¹. It's important for parents and grandparents who spend time with children to be aware of what to do in the case of an incident.

"We also know that compensation claims amount to more than \$1 billion dollars in NSW². Although first aid won't necessarily prevent incidents from occurring it will assist with the injury worsening," said Ms Tonkin.

The first Senior First course aid is running on Monday 23rd and Tuesday 24th October at the Cooma Ex-servicemen's Club, 106 Vale Street, Cooma.

Bookings can be made by calling Connie on 4229 2788.

ENDS

For interviews please call Sis Santos on 0439 627 364.

1. Flinders University, research Centre for Injury Studies. <http://www.nisu.flinders.edu.au/navpage.php>.
2. WorkCover NSW, Statistical Bulletin 2004/5