

First in First Aid



## MEDIA RELEASE

# St John Ambulance Implements Changes to CPR

St John will be teaching new CPR techniques in its first aid classes from April 2006.

The changes are being implemented following the recommendations made by the Australian Resuscitation Council (ARC) last month.

They are based on extensive research by the International Liaison Committee on Resuscitation, which has found that giving more compressions may result in more lives saved.

The new CPR protocol will involve a ratio of 30 compressions to two ventilations.

“While the current method of CPR is still valid, the new changes aim to make CPR easier to learn and easier to perform in an emergency situation. The important thing for people to remember is that by giving CPR you could help save someone’s life,” said Robyn Galwey, General Manager for Training, St John (NSW).

The ARC hopes that the new changes will lead to more people receiving CPR following a cardiac arrest. They estimate that currently, less than 50% of victims are given resuscitation out of hospital.

People with current CPR or first aid certificates will still be qualified, however if they wish to learn the new protocol, St John offers a four hour course on resuscitation techniques.

To book a course or buy a first aid kit contact St John on 1300 360 455.

**ENDS**  
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