



MEDIA RELEASE

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First Aid Kits for Peace of Mind

Home is where the heart is, but also where the harm can be! Unfortunately, a large proportion of accidents occur in and around the home. In order to be prepared, a St John First Aid Kit should be in every single Australian home.

St John First Aid kits contain items that can relieve bites and stings, cover wounds, stem bleeding, strap broken limbs, disinfect wounds and even treat hypothermia.

“Having a St John First Aid Kit in the family home gives peace of mind, it contains essential first aid items you’ll need in an emergency situation “ Said St John Chief Executive Officer, Rhonda Bignell.

“That, teamed with a St John First Aid Course, will have you well-prepared for any accidents that may occur.”

St John First Aid Courses teach participants about first aid kits, their contents and what each item should be used for, two person CPR, drug and alcohol abuse, common sports injuries, emergency childbirth and serious hand injuries.

“St John emphasises the importance of First Aid and urges households and workplaces to learn first aid.” Said Ms Bignell.

A third of home injuries to children under 5 years occur in the backyard, garden or garage. Therefore, doing a St John First Aid Course and having a St John First Aid Kit on hand will reduce the impact of the injury and also aid in the treatment.

Recent research has shown that 72% of Australians don’t have a current first aid certificate.*

“These statistics are alarming considering First Aid is a life-saving tool and straightforward to learn.” said Ms Bignell.

“Our research has shown in Emergency situations, the victim will more likely be a family member, a loved one or someone you know. We think that’s reason enough to get prepared, get your St John first aid certificate and make sure you have a St John first aid kit in your home.”

First in First Aid



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To purchase a St John First Aid Kit or enrol for a First Aid course, call 1300 360 455 or go to www.stjohnnsw.com.au

*Ref:
Flinders University, research Centre for Injury Studies.
<http://www.nisu.flinders.edu.au/navpage.php>

ENDS

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