



MEDIA RELEASE

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Life saved by first aid

St John (NSW) congratulates local community member, Sue Curtis for her actions in coming to the rescue of a member of the public just hours after she completed a St John first aid course on 11 January 2006.

Sue Curtis attended a Senior First Aid Recertification Course as a part of her duties as her workplace First Aid Officer. After successfully completing the final exam for the course, Sue returned to work at the Bulli Greyhound Racing Club.

It was during that very evening at work that a member of the public called for help as someone had collapsed from a suspected cardiac arrest.

Sue, having just completed her first aid training, quickly went to assist, calling an ambulance, pulling out her pocket mask and assisting with cardiopulmonary resuscitation (CPR) along with another member of the public.

Sue continued to provide CPR until the ambulance arrived. Although it appeared to be touch and go for a while, by the time the ambulance arrived the casualty had a pulse and was talking.

Sue says of the experience, "It is a wonderful feeling to know that you may have saved a life. Just knowing that I have had the training and knew what to do helped me stay calm and get straight to work on the casualty. It really is an amazing, rewarding experience".

"I can't recommend enough to people to do a St John first aid course and speak to St John about what first aid equipment you need for your home, work and car. I now make sure that everyone I speak with knows how important first aid is.

"I'm also thankful that my employers the Bulli Greyhound Racing Club and the Greyhound and Harness Racing Regulatory Authority are supportive of my training and hopefully other employers will follow their example. In my role as a Greyhound Steward for the Greyhound and Harness Racing Regulatory Authority I'm exposed to a large number of people state wide and I now know that my first aid training could be required at any time.

"I can't encourage people enough to get out there and learn first aid. You really could save a life," Sue said.

St John (NSW) Regional Development Manager, Connie Tonkin said, "St John (NSW) congratulates Sue Curtis, the Bulli Greyhound Racing Club and the Greyhound and Harness Racing Regulatory Authority for their continued commitment to first aid and ensuring that all Clubs within the Industry are a safe place for their patrons to attend."

"I would encourage all businesses and individuals to learn from Sue's story and enrol in a first aid course," she said.

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

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Further information: Sarah Jauncey, St John (NSW), T: 9219 6856

Interviews and photographs with Sue Curtis are available.