



## MEDIA RELEASE

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# Keep first aid skills up to date

St John Ambulance encourages everyone to keep their first aid skills up to date by attending a senior first aid course. This course provides the skills and confidence for people to know what to do in the event of a medical emergency.

The course covers the treatment of head, neck and spinal injury, poison, bites and stings, overexposure, infection control, trauma management, spinal injury and treatment of multiple serious injuries.

“St John first aid courses give people the confidence and skills to know what to do in the event of a medical emergency” said Robyn Galwey, General Manager Training, St John Ambulance NSW.

Summer is an imperative time to be skilled up in first aid. With more people spending time in the great outdoors there is an increased risk of snake bites, drowning, overexposure and stings. Knowing what to do in these emergencies and the correct form of treatment can be the difference between life and death.

“We encourage everyone to do a first aid course. The life you save could be a loved one or even your own.” said Ms Galwey.

To book into a St John First Aid course please contact 1300 360 455 or visit [www.stjohnnsw.com.au](http://www.stjohnnsw.com.au) for further information.

**ENDS**

**For further information, photos, interviews or live demonstration please contact Kate Kelly, Communications Officer on 9219 6856 or 0410 220 872.**