



## MEDIA RELEASE

22 August 2007

# St John Mid-North Coast Training Area to receive CPR manikins

Donated by the National Safety Council Australia (NSCA), the St John Ambulance Australia (NSW) Mid-North Coast Training Area will receive four manikins to use when training people in cardiopulmonary resuscitation (CPR).

Cardio Pulmonary Resuscitation (CPR) is a technique for rhythmically compressing the heart in order to keep it pumping blood around the body (that's the 'Cardio' part), while at the same time giving rescue breaths (the 'Pulmonary' part).

If there are problems with the heart or it is not beating, life-giving oxygen will not be reaching the brain and death will occur unless you can get some circulation established within a matter of minutes, hence, the need of CPR.

These manikins have been developed to provide effective CPR training with unique hands-on learning, and are now considered an essential tool in first aid education.

Ewan Barlin, Chairman of the Mid-North Coast Training area and Office of St John (NSW), comments:

"We are thrilled to receive these manikins as they are indispensable in CPR training. They are by far the best way for people to actually understand what it is like to administer CPR, other than practicing on a real casualty.

"This donation will help us to reach more people in the Mid-North Coast area and teach them what to do in an emergency.

"The important thing for people to remember is that by giving CPR you could help save someone's life. It has been estimated that currently less than 50% of victims are given resuscitation out of hospital."

To gain these life-saving skills, people can undertake a St John Senior First Aid Course. This comprehensive 14-hour and 2-hour assessment course covers all the fundamentals of first aid including CPR, burns, bleeding, head, neck and spinal injuries, bites and stings and poisons. St John also provides a 4 hour course in CPR.

The St John (NSW) Mid-North Coast Training Area currently has eight volunteer trainers who work from as far north as Kempsey, to the south Manning Great Lakes area.

For information on St John services, learning CPR and donating to St John, call 1300 360 455 or visit [www.stjohnnsw.com.au](http://www.stjohnnsw.com.au).

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**Media Contact**

Bethany Hoskin

Communications Coordinator

St John (NSW)

T: (02) 9219 6856

M: 0410 220 872

E: [bethany\\_hoskin@stjohnnsw.com.au](mailto:bethany_hoskin@stjohnnsw.com.au)