



MEDIA RELEASE

8 October

Learn the Skills to Save a Life with St John

Do you wish you had the skills to save a life?

St John (NSW) is launching a new campaign called 'Save a Life' in October, which aims to raise awareness of first aid and increase life saving first aid skills within the community.

St John is encouraging people to undertake first aid training to help provide a safer community for everyone.

The campaign theme of 'Save a Life' is about learning first aid to have the skills to save a life or being able to save lives as a St John volunteer.

St John is always looking for new volunteers to join both their adult and cadet divisions. First Aid volunteers learn and practice First Aid, family care and other subjects to enhance their life saving skills. Members can attend training courses to learn advanced First Aid and life saving skills, communications, leadership training and participate in special event training such as major incident management courses.

Cadets develop extensive First Aid skills, life skills, communication and leadership skills. Once they are trained members may attend First Aid duties under adult supervision. Juniors are aged between 8 and 11 years, and cadets are aged from 11 to 17 years.

Sean Gavin, CEO, St John (NSW) Newcastle, comments:

"Many young volunteers have found St John Cadets to be a valuable stepping-stone for careers as an ambulance officer, nurse or in medicine.

"Without these dedicated volunteers St John would not exist. They are the backbone of our organisation and we encourage more people to join this wonderful cause and assist the team in providing first aid services at events.

"However, if you aren't able to volunteer, learning first aid is still extremely important, especially in ensuring the safety of your family. Even if you never have to use the skills, knowing you could save a life means you can be prepared for any emergency.

"Learning life-saving skills such as those in the Senior First Aid course are the most valuable and important skills you could learn. You never know the life you save may be a loved one or even your own."



As part of 'Save a Life' there will be displays in shopping centres, presentations at local high schools and information available to the community on first aid training and kits.

There are around 3,800 St John volunteers in NSW, providing some 400,000 hours of volunteer service and treating over 30,000 people every year.

Many of these volunteers are on duty at large events including the New Year's Eve celebrations, but for most local residents, St John volunteers are best known for their presence at local sporting, school and community events.

To get involved in the campaign or become a St John volunteer please visit www.stjohnnsw.com.au or call 1300 360 455.

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