



MEDIA RELEASE

14 December 2007

Be careful around water this summer, warns St John

As the weather heats up and people spend more time around water, St John is sending a timely reminder to keep first aid skills up to date.

There are a number of common ailments that affect people more frequently in the summer months such as sunburn, bluebottle stings, bee stings, burns and heat exhaustion and also more serious incidents such as drownings and motor accidents.

277 people drowned in Australian waterways between 1 July 2006 and 30 June 2007, according to the 2007 National Drowning Report. A three-year-old girl drowned in the Southern Highlands this week, taking the number of child drownings in Australia to 11 in the past fortnight*.

“Although swimming, fishing and water sports are great fun in summer, there is always an element of risk and it is extremely important that people know what to do should an emergency occur,” said Robyn Galwey, General Manager Training, St John (NSW).

“It is important to know how to recognise severe symptoms and how to treat the conditions until medical attention is available.”

St John first aid courses are designed to equip you with the knowledge and confidence to deal with a first aid situation. St John also recommends having a first aid kit close by. To book a course or to get your first aid kit up to date call St John on 1300 360 455.

In the event of a near drowning:

Never attempt a rescue beyond your capability. Do not become a casualty yourself and remember all first aid starts with the St John DRABCD Action Plan.

St John DRABCD Action Plan

Danger: Is anyone in danger? You, others or the casualty?

Response: Is the casualty responding? Are they conscious?

Airway: Is the airway clear? Tilt head back, clear airway with finger.

Breathing: Is the casualty breathing? Do they have signs of life?



MEDIA RELEASE

CPR: If not breathing and no signs of life, commence CPR. Give 2 breaths: 30 compressions for adult, paediatric and infant casualties

Defibrillation: If available attach an Automatic External Defibrillator (A.E.D) and follow instructions
If the person isn't breathing begin CPR and *call 000 for an ambulance.*

The best solution is prevention:

- Make sure your entire family can swim.
- Always supervise children near water.
- Never drink and swim.
- Always swim between the flags.
- Keep your first aid skills up to date by booking into a St John First Aid refresher course.

For more information on St John (NSW) first aid courses, kits and products call 1300 360 455 or visit www.stjohnnsw.com.au

Media Contact: Bethany Hoskin, Communications Coordinator, St John (NSW),
T: 9219 6856, M: 0410 220 872

*Sydney Morning Herald, 14 December 2007