



MEDIA RELEASE

4th December 2008

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.

A big danger in the home is a backyard pool. In NSW, three toddlers in the space of a week have drowned in backyard pools*. In the last financial year 261 people have drowned, 27 were children under the age of five, and 16 were in backyard pools.**

“In the event of an accident, knowing what to do in those critical moments before the emergency services arrive may help to save a life, and prevent a tragedy,” said Robyn Galwey, General Manager Training, St John (NSW).

“Every person trained in first aid and CPR contributes to safer families and communities.” Ms Galwey said.

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.

If the person isn't breathing begin CPR and *call 000 for an ambulance.*

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?



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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

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

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*Sydney Morning Herald, 1 December 2008

**Daily Telegraph, 1 December 2008