

MEDIA RELEASE

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Did you start someone's heart this Valentines Day?

It doesn't need to be Valentines Day to start a heart. St John is encouraging people to be prepared to start a heart any time of year by learning first aid.

St John offers a number of different first aid courses to learn how to start a heart. These include the 2 day Senior First Aid course, which is the flagship St John course, providing people with the knowledge and skills to give competent care to ill or injured until medical aid arrives.

St John also has a 1 day Advanced Resuscitation course specifically designed for first aiders to safely administer oxygen by face mask or mechanical resuscitator. There is also a 4 hour Cardiopulmonary Resuscitation Course, which provides participants with the knowledge and skills necessary to perform cardiopulmonary resuscitation.

Robyn Galwey, St John (NSW) Manager Training, comments:

"St John is the leader in first aid, training some 300,000 Australians every year. It is never too late to learn the skills to be a heart starter!

"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.

Ms Galwey says it is also extremely important to have the right equipment on hand to administer first aid in an emergency and all households should have a stocked first aid kit."

To learn first aid or find out more about these courses please visit www.stjohnnsw.com.au or call 1300 360 455.

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