

MEDIA RELEASE

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Time to learn first aid for World First Aid Day

Monday 8 September marks World First Aid Day and St John Ambulance, Australia's leading first aid provider, is encouraging people to undertake first aid training or become a first aid services volunteer.

St John (NSW) volunteers provide more than 420,000 hours of voluntary service each year and treat some 36,000 casualties. There are 105 First Aid Volunteer Divisions in NSW, from Lismore to Bega, and Broken Hill to Parramatta and Divisions are always looking for new members.

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

"Many young volunteers have found St John 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."

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.

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

To find out about becoming a St John volunteer or first aid training please visit www.stjohnnsw.com.au or call 1300 360 455.

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