



MEDIA RELEASE

Local volunteer teaches skills that may one day save a life

11 May 2009. A local St John Ambulance volunteer who recently saved the life of a Queanbeyan cyclist will be running a first aid course at the Queanbeyan Scout Hall on the 16th and 17th of May.

Lee Tunks, who is also a licensed trainer with St John (NSW), said the incident with the cyclist she saved demonstrated how important it is for the community to have the skills to help someone.

“Many people are scared of doing a first aid course or think they will never have to use it.

“In most cases, the need to use first aid will be to treat a loved one”, Ms Tunks said.

Nearly two months ago, Lee was in a taxi in Limestone Avenue, when she saw a cyclist sway and collapse three metres ahead of the car.

Ms Tunks said despite six other people approaching to help the cyclist, none of them were trained in first aid.

“I immediately asked the driver to stop and call 000. When I got to the scene and realised that no one was trained in first aid, I knew what I had to do.

“After noticing he stopped breathing, I immediately started CPR, and by the time the ambulance arrived, a few minutes later, he had started breathing again,” Ms Tunks said.

While the ambulance drove away, Lee was surprised with officers and bystanders clapping her efforts. The cyclist was transported to Canberra Hospital and will recover.

Ms Tunks also commented on the importance of knowing first aid in those few minutes before professional help arrives:

“It can be the difference between life and death. I was fortunate to have the skills and be in the right place at the right time”, she said.

Lee Tunks has 15 years of experience both as an active first aid volunteer and a trainer and founded a St John Ambulance division in Queanbeyan 12 months ago.

If you would like to reserve a spot in the first aid course, please call 02 6299 7561. To know more about St John (NSW) or to become a volunteer, please visit www.stjohnnsw.com.au or call 1300 360 455.

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