



## MEDIA RELEASE

### Keep yourself and others around you safe this Easter

**6 April 2009.** St John Ambulance Australia (NSW) is urging drivers to take care on the roads during this Easter long weekend.

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

“Immediate and correct first aid at the scene of road accidents can significantly increase the chance of survival of casualties. As with any serious accident, those critical moments before professional help arrives are the key to minimizing injuries.

“When it comes to car accidents, often the first on the scene will be another driver”, said Ms Galwey.

St John Ambulance, Australia’s leading first aid provider, has developed a simple action plan to follow if you come across a road accident.

What to do when you arrive at an accident where people are injured:

- Direct someone to call 000 for an ambulance
- Check that there is no danger to you, safely park your car and put the hazard lights on. Light up the scene at night with headlights

What to do with the injured person:

- Are they conscious or unconscious?
- If conscious ask them to take a big breath to see if they can breathe easily
- With unconscious casualties it is imperative that they have a clear and open airway. If trapped in the car lift their chin off the chest
- Stop any bleeding with direct pressure over the wound, use clothing, towels or a first aid pad
- Look for other injuries and stabilise the head with your hands to protect the head and neck

Manage the casualty, wherever possible, in the position found unless it is dangerous to do so.

St John recommends that every car should carry a first aid kit in case of emergencies. For further information or to learn first aid, contact St John on 1300 360 455 or [www.stjohnnsw.com.au](http://www.stjohnnsw.com.au)

**ENDS**

**Notes to editor:**

**For further information and please contact:**

Ellen Ward

Marketing Partner, Commercial

St John Ambulance Australia (NSW)

T: 9219 6865 / M: 0400 934 755 / E: [ellen\\_ward@stjohnnsw.com.au](mailto:ellen_ward@stjohnnsw.com.au)