



MEDIA RELEASE

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Learn how to restart someone's heart this Valentines Day

With Valentines Day approaching, St John is urging everyone to learn first aid skills that may save a loved one.

St John has a number of courses to choose from including Senior First Aid that can be completed as a one day or a two day course.

This comprehensive course teaches you the skills and knowledge to do what is needed in those critical moments before professional help arrives.

General Manager for Training, Robyn Galwey, explains how learning first aid is so important.

“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.

“It is equally 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” said Ms Galwey.

Amanda Cheers recently used her training from St John when her neighbour collapsed.

“The St John trainer was fantastic when we did the course. The training gave me the confidence to do what I had to do and didn't panic,” said Ms Cheers.

St John also offers a four hour CPR course that teaches you how to perform effective CPR. With the high number of young children involved in accidents around water during this Summer holiday, knowing what to do in an emergency has been critical to the outcome

St John offers regular Senior First Aid and CPR courses across the state. Visit www.stjohnnsw.com.au or call 1300 360 455 for course dates and information.

ENDS

Notes to Editor:

A copy of the St John Resuscitation Chart is available



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