



MEDIA RELEASE

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CONTACT	May Ho	PHONE	02 9745 8880
EMAIL	may_ho@stjohnsw.com.au	COMPANY	St John (NSW)

RE: Learning Resuscitation Now Easier to Remember

St John Ambulance Australia (NSW) has introduced some minor changes to resuscitation guidelines designed to help people remember how to perform resuscitation in an emergency situation.

On Saturday 27 November 2010, the Australian Resuscitation Council endorsed two changes to resuscitation based on recommendations by the International Liaison Committee on Resuscitation (ILCOR) following a recent review of the medical literature on resuscitation.

The first change emphasises the importance of calling an ambulance as soon as you are aware that you have a person who is not responding. The second emphasises the importance of starting resuscitation with performing chest compressions. Both changes help to make it easier for people to remember what they need to do in an emergency.

"It can be difficult for people to remember what to do in an emergency with so much going on. These minor changes will make it easier to keep their training top of mind, and recall the necessary steps to perform resuscitation," said Sean Gavin, CEO of St John (NSW).

"For the untrained bystander, performing chest compressions only is better than not doing anything. However, we encourage all Australians to learn first aid and gain the skills that could make a significant difference in an emergency."

Director of Training for St John Ambulance Australia, Professor Peter Warfe said, "The core of resuscitation, which is repeatedly performing 30 chest compressions and two breaths, remains unchanged. St John examined the evidence for performing compressions only and not performing breaths, but concluded to continue to recommend performing the combination of chest compressions and breaths."

From 1 January 2011 St John (NSW) customers will be trained in the new protocol endorsed by the Australian Resuscitation Council.

To learn first aid contact St John on 1300 360 455 or visit www.stjohnfirstaid.com.au

ENDS

Notes to Editor:

For further information please contact May Ho on 9745 8880