



MEDIA RELEASE

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Are you prepared - to stay safe this summer...?

Many people think that they would automatically know what to do in the unfortunate event of a summer related accident... but would you really know what to do? **Would you be confident that your first aid knowledge could save the life of someone you love on the beach or by the pool?**

“The tragic pool drowning cases reported recently are a timely reminder that we should be correctly trained in First Aid knowledge and techniques, and these skills need to be refreshed on a regular basis” states the Executive Manager Marketing Communications for St John, Carol Raye.

“If you are suddenly faced with this situation” St John Executive Manager Training Services, Ben Hollister recommends “you should immediately call 000 and if the casualty is not breathing commence CPR. While St John advises any attempt at resuscitation is better than none to make sure you are as confident as possible you should attend regular training”.

To help you be prepared for your summer activities, St John offers training solutions in First Aid designed to give you the skills and knowledge to deal with common summer related First Aid accidents, injuries and illness.

As well as CPR & drowning St John Courses cover:

- **Bites and Stings**
- **Sunburn and Heat Exhaustion**
- **Basic Bleeding and Burns Management**

A First Aid Course will give you the skills and knowledge to put your mind at ease as you and your loved ones have fun this summer.

For more information contact:

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St John is a not-for-profit organisation working for the service of the community.