



ACT
Government



Media Release

ACTAS delivers basic life support message

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The ACT Ambulance Service (ACTAS) today urged Canberra's college students to help save a life by learning Cardiopulmonary Resuscitation (CPR), or undertaking a refresher course as part of the 2012 ACT Ambulance Service Basic Life Support campaign.

"Coronary heart disease is the largest single cause of death and the most common cause of sudden death in Australia," ACTAS Chief Officer David Foot said.

"ACTAS statistics show that more than 60% of sudden cardiac arrests in the ACT occur in a private home," he said.

"A critical factor in increasing survival from a sudden heart attack is the application of prompt, effective CPR. Effective CPR rapidly applied almost doubles the likelihood of survival."

The ACTAS Chief Officer presented Basic Life Support campaign packs to representatives from ACT colleges in a special ceremony today at the ESA Training Centre in Hume. ACT Ambulance Service intensive care paramedics also gave the students a demonstration on how to perform CPR.

"The ACT Ambulance Basic Life Support campaign involves the distribution of Basic Life Support Chart posters, fridge magnets, stickers and business card size USB memory sticks," ACTAS Chief Officer David Foot said.

"The chart will be available through Canberra Connect shopfronts and can be downloaded from the ACT Ambulance Service website www.ambulance.act.gov.au including a smart phone wallpaper version, he said.

"The USB stick versions will be distributed to ACT residents who register as a follower of the ACT Ambulance Service Twitter account www.twitter.com/ACTAmbulance.

"I encourage all Canberrans to obtain a copy of the ACT Ambulance Service Basic Life Support Chart and place it in prominent locations at home and work. The stickers are great for putting on the back of phones or identification tags for easy personal reference.

"People should also consider undergoing or updating their training in the right techniques by an accredited provider of First Aid training. Details of accredited CPR training providers can be found on pages 419 and 420 of the 2012/13 Canberra region yellow pages phone directory."