



Save a Life Today

Western Suburbs Badminton Association is looking for your expression of interest in doing a basic first aid course. WSBA has recently purchased a defibrillator and is keen to have as many badminton players aware of how it is to be used in association with CPR.

WSBA is liaising with St John Ambulance to run some courses during the second week of the school holidays, when there is no schedule pennant competition

Instead of a competition match - instead of sitting at home in front of the idiot box, why not enrol for a training session at the badminton centre?

Why not make this a team activity?

Cost to players is \$50.00

This training has been instigated in memory of Harold Heffernan, a long-time player and supported of the Western Suburbs Badminton Association, who passed away after suffering a heart attack during the finals series of the Autumn 2011 season.

Key Facts/Statistics

- 20,000 Australians suffer a sudden cardiac arrest (SCA) each year
- Survival rate is between 2% and 5%
- For every minute that passes, the chance of survival is reduced by 10%
- Average ambulance response times is between 9 -14 minutes
- SCA is not gender or age specific
- The level of risk in your workplace increases with age, location and environment
- Basic Chain of survival now includes Defibrillation
 - **D**anger
 - **R**esponse
 - **S**end for help
 - **A**irway
 - **B**reathing
 - **C**PR
 - **D**efibrillation

Please let us know if you are interested in attending a course.

First Name

Surname

Phone contact

Email:

Please rank 1 - 4, the days that suit you best. (1 = most favoured).

Monday	Tuesday	Wednesday	Thursday
3/10/2011	4/10/2011	5/10/2011	6/10/2011
7:30 - 9:30pm	7:30 - 9:30pm	7:30 - 9:30pm	7:30 - 9:30pm

Upon completion of the training there will be a light supper.