

# Fuel for Thought

## A Life Saving Idea...

As the holidays draw to a close, most of us can sit back and reflect happily on time spent with friends and family. Just watching the news however, we know that for some families the holidays have been marked by tragedy: car accidents, drownings and other incidents have left families grieving for lost or injured loved ones. Fortunately in many cases, quick intervention by first responders has left other families with great relief and joy that their parent, child or friend has survived.



**Bruce Andersen**  
Site Superintendent,  
QER

Life threatening incidents are fortunately rare, but common enough that most of us will be 'first on the scene' at some point in our lives. It's a timely reminder that all of us ought to have at least some basic first aid and CPR training. What happens in the first few minutes after an incident can be the difference between life and death.

At QER recently, one of our first-aid trained staff was able to intervene when a colleague was choking, and was able to dislodge the obstruction with a sharp blow between the shoulder blades. A few years ago I was also called on to do the same thing when a colleague's partner was choking. In both cases, our training enabled us to act quickly and avert a potential fatality. While none of us want to be in that position and sometimes we wonder whether we'd be able to help in such a situation, I can tell you from personal experience that it's amazing how the training cuts in and what a difference a simple intervention can make.

We are fortunate in that QER offers first aid, CPR and defib training to all staff, and most take up the offer. Perhaps your workplace offers the same. If not there are courses regularly offered in Gladstone by Queensland Ambulance, St John's Ambulance and a number of private firms.

It doesn't cost much and it's well worth considering taking a course – and keeping a well-stocked first aid kit handy at home and in your car. Not a bad new-year's resolution!



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