



MEDIA RELEASE

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FIRST AID, FIRST LINE OF DEFENCE

COMMUNITY members in the Ouyen district are being offered the chance to develop and strengthen their First Aid skills, thanks to a new partnership between Mallee Track Health and Community Service (MTHCS) and local training provider Mallee First Aid.

The partnership will provide skilled local trainers to assist community members to develop the basic First Aid skills to be proactive and confident when it comes to emergency situations and potentially saving lives.

Mallee First Aid director Natasha Anderson is no stranger to First Aid care, having been an Ambulance Community Officer for over 26 years as well as a local football and netball club trainer.

Ms Anderson said the First Aid course will help people develop skills that are potentially "invaluable" in an emergency.

"We draw on our experiences to make sure all of our students are engaged in a realistic training environment," she said.

"We use our knowledge of First Aid care to generate real life scenarios that our students can relate to and benefit greatly from."

MTHCS Volunteer Coordinator Pennie Wisneske said with limited spots available, people interested in completing the training should get in quickly.

"First Aid is such a valuable skill to have in life, whether it's the home, workplace or even just out in the community," Ms Wisneske said.

"But it's particularly important in rural and remote communities like ours, where emergencies can happen on the farm, or in an isolated location where you might be the only one who can help immediately," she said.

"It's a skill set you hope you'll never have to use, but if you are in that scenario, you'll be grateful for the skills you have."

The course is being held at the MTHCS Ouyen campus, 28 Britt Street Ouyen, on Tuesday 29 August at 9:30am and will be offered bi-monthly.

Community members who are interested in finding out more and being encouraged to contact Mallee First Aid on 0429 841 373.

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Picture: Lifesaving partnership: One of the interactive manikins to be used in the training sessions

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