



## MEDIA RELEASE FOR IMMEDIATE RELEASE

### New Guidelines Aimed at Saving More lives

**October 18, 2010 (Ottawa)** — St. John Ambulance supports the recently released CPR guidelines particularly as they relate to compression only CPR. Recent studies illustrate the benefit of compression-only or hands-only CPR. This technique involves pressing on the chest of a person in cardiac arrest without providing mouth-to-mouth ventilations. This technique has been shown to be of benefit in certain situations e.g. a witnessed cardiac arrest in an out-of-hospital situation, particularly where the first aider is untrained or is reluctant to provide rescue breathing.

The complete CPR technique, which includes both chest compressions and rescue breathing, is recommended for infants, children and in cases where the cardiac arrest was not witnessed or was due to special circumstances such as near-drowning. For those individuals confronted with a cardiac arrest who have not been trained, are unsure of their ability to perform CPR or are reluctant to perform mouth-to-mouth resuscitation, compression-only CPR is recommended.

St. John Ambulance will continue to teach all CPR components in our classes including an emphasis on the early use of a defibrillator. It is important to note that if you have had CPR training, the skills you were taught are still okay to use and by immediately beginning CPR you can make a valuable difference in helping to save a life.

For information on CPR classes in your area, go to [www.sja-mississauga.ca](http://www.sja-mississauga.ca)

-30-

**Please contact:**

Les Johnson, Director of Training  
St. John Ambulance Canada  
613-236-1283 ext 261  
[Les.johnson@nhq.sja.ca](mailto:Les.johnson@nhq.sja.ca)  
[www.sja.ca](http://www.sja.ca)

Janine Le Forestier  
St. John Ambulance - Mississauga  
(905) 568-1905 ext 334  
[Janine.leforestier@on.sja.ca](mailto:Janine.leforestier@on.sja.ca)  
[www.sja-mississauga.ca](http://www.sja-mississauga.ca)

**St. John Ambulance Quick Facts:**

- Established in 1883 in Canada
- Member of one of the world's oldest humanitarian organizations – the Order of St. John
- Serving communities across Canada
- 25,000 volunteers provide two million volunteer hours annually
- 6,000 certified instructors
- Provides first aid and CPR training programs that contain the latest protocols that meet provincial and federal regulations
- Trains more than 550,000 Canadians in first aid and CPR each year
- Markets a complete range of high quality first aid kits and supplies for use at work, home and play
- Supports humanitarian relief efforts across Canada and around the world