



MEDIA RELEASE FOR IMMEDIATE RELEASE

New Year, A New Heroic You St. John Ambulance Wants to Encourage Everyone to Get Trained to Save a Life

December 17, 2009 (Toronto, ON) – In 2009, St. John Ambulance in Ontario, honoured more than 200 people for saving lives. The heroic acts ranged from rescuing a family from a submerged vehicle, using CPR and AED to resuscitate a neighbour, and even saving residents from a burning home. St. John Ambulance is proud to recognize these heroic men, women, and in some cases children who went above and beyond to help another person.

“We are truly humbled by the heroes we honour,” said Rob White, Chair of St. John Ambulance Council for Ontario. “These brave individuals used their first aid training and instinct to save someone else’s life, sometimes putting themselves in harms way. This year we want to encourage everyone in Ontario to get trained in first aid – so they too will have the confidence and skills to deal with an emergency. To become someone’s hero.”

First Aid, CPR and AED training enables students to recognize the signs of injury and illness, as well as the skills to manage an emergency situation. Training also helps individuals determine the right course of action to reduce further harm. These skills can empower you to save someone’s life. This year, be ready to make a difference – get trained in First Aid, CPR & AED.

St. John Ambulance is proud to honour lifesavers across the province. If you or someone you know has made a difference by providing assistance to someone in distress, contact your local St. John Ambulance branch or visit <http://www.sja.ca/Ontario/AboutUs/TheOrder/Pages/StJohnLifesavingAwardsProgram.aspx> and submit them for an award.

For 125 years, St. John Ambulance has been training over 140,000 Ontarians annually in first aid and other health care related courses and remains dedicated to saving lives at work, home and play. With over 4,000 volunteers contributing over half a million hours of community service a year, St. John Ambulance is an integral part of the community offering such unique and innovative programs as; medical first response, disaster response, car seat clinics, health and safety related youth programs and therapy dog services. As a charitable, non-denominational, humanitarian organization, proceeds from St. John Ambulance’s first aid training and first aid product sales directly support these vital community services programs. For more information on St. John Ambulance training courses and volunteer opportunities or contact your local branch, at www.sja-mississauga.ca

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Janine Le Forestier
Marketing and Fund Development Coordinator
St. John Ambulance – Mississauga Branch
110 Matheson Blvd. W., Suite 110
Mississauga, ON L5R 4G7