

# Seniors CPR training

By ANGELA NORVAL

WITH drowning the leading cause of accidental death in children, Queensland Ambulance is applauding Ithaca-Caloundra City Life Saving Club for running its Grey Medallion.

A Royal Lifesaving Program, the Grey Medallion is designed to help over 55s learn CPR, essential lifesaving and emergency care skills that could one day save their family, friends or even their own life.

Ithaca-Caloundra City Life Saving Club secretary Patricia Barry said many older Australians care for grandchildren who have access to dams, pools and the beach.

"In this course we cover supervision and water familiarisation for children and we also teach 'dry rescue' skills which shows how to get someone out of water without having to put yourself at risk by getting in," she said.

"This is an ideal course to run during Seniors Week because many people don't realise that the over 50 demographic are at high risk from drowning also with 291 of the people who



Club secretary Patricia Barry

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MEDALLION PROGRAM: Patricia Barry, Tony Barry, Roslyn and Graham Edmunds at Caloundra City Surf Life Saving Club.

PHOTO: JOHN MCCUTCHEON

drowned last year, 114 were seniors.

"While the Grey Medallion isn't a swimming course, we do cover all aspects of being water wise, as well as keeping safe in and around water.

"This course has been

very successful throughout the years we have been running it because it follows The Royal Life Saving Society motto which is "everyone can be a life saver" and that is what we try to promote: confidence to act in whatever way we

are capable to help to preserve life."

Funded by the Council of Ageing, the course gives over 55s very hands on experience.

"Providing CPR while waiting for an ambulance to arrive can really make all

the difference if someone has had a water accident or a cardiac arrest."

The Grey Medallion program will be held on August 16 and 17.

For details phone Patricia on 0403 071 651 or enrol at caloundracity.asn.au.

## IN BRIEF

### Enviro grants

CANON Oceania is calling for communities to get creative as part of the application for its annual environmental grants program. Canon is offering grants in-kind to not-for-profit organisations and schools with innovative ideas, dedicated to making a difference to their environment and the community. There are five grants up for grabs across Oceania, with each winning project receiving \$5000 worth of Canon equipment from digital compact and DSLR cameras, to binoculars and multi-function devices. Applications are open now until September 12. To apply visit [canon.com.au/Environmental-Grants](http://canon.com.au/Environmental-Grants).

### Pap smear problem

CANCER Council has urged Queensland women to be vigilant about cervical cancer screening, after nearly 1000 women did not receive screening follow-up letters from the Queensland Pap Smear Register. For help phone Cancer Council Helpline 131 120 or [cancerqld.org.au](http://cancerqld.org.au).

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