

Ngā Tohu Whakaora e 3 3 Steps for Life

What is a 3 Steps for Life awareness session?

A 3 Steps for Life awareness session is for members of the community to introduce them to life saving skills for people in cardiac arrest. The awareness session will cover basic CPR and AED skills, and runs for approximately 45 minutes.

Who can participate and is there a cost?

Anyone can attend a 3 Steps for Life awareness session. 3 Steps for Life awareness sessions are free to attend. These sessions are delivered in a voluntary capacity by your local St John staff.

About 3 Steps for Life

3 Steps for Life is designed to give all New Zealanders the confidence and awareness to take action when somebody suffers a cardiac arrest by:

1. Calling 111



2. Starting CPR



3. Using an AED



Applying CPR and rapid defibrillation can increase a patient's chances of survival by up to 40%. But for every minute without CPR or defibrillation, a patient's chance of survival falls by 10–15%.



Why you should get involved in 3 Steps for Life?

Nearly 2000 New Zealanders suffer from a cardiac arrest (heart stoppage) outside of hospital each year and most of these happen in their home. This is four times the national road toll and yet it remains a silent disease in terms of public awareness. Performing CPR and using an AED is easy. By performing CPR and using an AED, you can help save a life.

How to book a 3 Steps for Life Awareness Session

To book a free 3 Steps for Life awareness session please make sure you've got a group of 10 or more and register your interest with full name and contact information by emailing 3stepsforlife@stjohn.org.nz

If you can secure a venue such as a school, community hall or other public space in advance that would be an advantage in ensuring timely course delivery.

GoodSAM

Post awareness session we also encourage participants to become a GoodSAM. GoodSAM is a smartphone app that alerts nearby people to a cardiac arrest, allowing members of the public to respond and perform CPR and to attach an AED prior to ambulance arrival. For more information visit stjohn.org.nz/goodsam

Contact Information

Cody Booth

National 3 Steps for Life Lead

E Cody.Booth@stjohn.org.nz, 3stepsforlife@stjohn.org.nz

W stjohn.org.nz/3stepsforlife