

MEDIA RELEASE

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Defibrillators save lives at train stations

Sydney Trains is urging customers and staff to make use of defibrillators at stations if they notice someone having a heart attack as the Cardiac Arrest Survival Foundation kicks off a month long campaign to raise awareness about defibrillators saving lives.

“With over 140 defibrillators placed across train stations and other facilities, it’s no shock that our defibrillator program has saved 26 lives since it began six years ago,” Sydney Trains Chief Executive Howard Collins said.

“Our staff are often first on the scene for medical emergencies. There are currently 75 train stations with defibrillators.

“As well as paramedics at 14 key stations during peak times, more than 2,600 of our staff are trained in CPR.

“In six years, defibrillators have been activated 137 times, with the machine either guiding first responders through CPR or delivering shocks with the hope of restarting someone’s heart.”

Michael Williams is a cardiac arrest survivor, thanks to a quick thinking Sydney Trains staff member who used a defibrillator to save his life at Central Station in 2011.

“If the Sydney Trains employee hadn't used the defibrillator available at the station, I wouldn't be here to talk about surviving a massive heart attack,” Mr. Williams said.

“We need to demystify defibrillators so people aren't afraid to use them if they ever come face to face with someone having a heart attack.”

Chair of the Cardiac Arrest Survival Foundation Dr Donald Dingsdag said around 30,000 Australians are lost every year because of cardiac arrests.

“The earlier a defibrillator is used when someone is experiencing a cardiac arrest, the better their chance of survival,” said Dr Dingsdag.

“Defibrillators at Sydney Trains stations are fully monitored for reliability so that when they are needed they will administer the shock necessary to revive the patient.

“The machines are fully automated with audio and visual cues that will guide even an untrained person through the steps necessary to save a life.”

MEDIA CONTACT:

02 9219 1285

sydneytrainsmedia@transport.nsw.gov.au