

Hi All,

Here at KMR we are undergoing some major changes, our team is growing, systems are changing and we are in the Final stages of becoming a **Registered Training Organisation**. This will mean that you will soon be receiving KMR Safety First Certificates on the completion of your KMR First Aid Training.

With all this going on and the fact that our youngest has started school, I (Karen) can get back to what I do best, being out and about training with you all. A big part of the KMR business for the future will be my work with the implementation of complete First Aid Management Systems for your organisations, letting KMR do what we do best and leaving you to concentrate on what you do best.

Our growing team in the office is ready to help with all your queries, depending on training commitments staff are available Monday to Friday 9.30 to 3.00. If unavailable feel free to leave a message, email or fax and we will get back to you as soon as possible.

We would love to hear from you if you have any ideas or needs regarding First Aid, your feedback is an essential part of our business and in the next developing steps we are taking.

**We sincerely appreciate your support and encouragement.**

Stay Safe

Karen & Mark Robinson & the KMR Team ☺

## 8 PEOPLE A WEEK DIE FROM ASTHMA IN AUSTRALIA.....

**YOU COULD MAKE THE DIFFERENCE**

### BOOK YOUR FREE 1 HOUR

#### ASTHMA TRAINING NOW

Only available to Schools and  
Preschools !

Emergency Asthma Management (EAM) Course  
3 hours | \$50 .00 per person

## Mental Health Awareness First Aid

Do YOU know how to recognise  
if a person needs some  
professional assistance?

**3 HOUR COURSES  
AVAILABLE NOW**

**Courses conducted by a  
Qualified Psychologist**

**YOU COULD MAKE A DIFFERENCE**

## BOOK YOUR TRAINING COURSE TODAY

**Karen** | Director [KarenRobinson@safetyfirst.com.au](mailto:KarenRobinson@safetyfirst.com.au)

**Mark** | Training Manager [Traning@safetyfirst.com.au](mailto:Traning@safetyfirst.com.au)

**Renae** | Compliance and Administration Manager  
[admin@safetyfirst.com.au](mailto:admin@safetyfirst.com.au)

**Joanne** | Administration Assistant [equiries@safetyfirst.com.au](mailto:equiries@safetyfirst.com.au)

**Amanda** | Accounts and Finance Manager  
[accounts@safetyfirst.com.au](mailto:accounts@safetyfirst.com.au)

**KMR SAFETY FIRST**  
FIRST AID TRAINING KITS SUPPLIES

PO Box 111, Hurstbridge VIC 3099

Telephone & Fax: 9718 1733

Karen: 0417 165 358

Mark: 0417 384 298

email: [safetyfirst@safetyfirst.com.au](mailto:safetyfirst@safetyfirst.com.au)

[www.safetyfirst.com.au](http://www.safetyfirst.com.au)

**TRAINING YOU TO MAKE A DIFFERENCE**

# DRS.ABCD

**PRESS RELEASE**

## AUSTRALIAN RESUSCITATION COUNCIL ARC RELEASE REVISED GUIDELINES

The Australian Resuscitation Council (ARC) has now published its revised resuscitation guidelines for Basic, Advanced, Paediatric and Neonatal Life Support. These changes reflect the most recent scientific evidence which was evaluated and recently published by the International Liaison Committee on Resuscitation (ILCOR) and its member organisations, including the Australian Resuscitation Council. The guidelines continue to emphasise the importance of commencing resuscitation and providing good quality CPR. **Resuscitation should be commenced where the person is unresponsive and not breathing normally as feeling for a pulse is unreliable in determining if a person needs resuscitation. It is now recommended that at the commencement of resuscitation 30 chest compressions are provided before giving the initial rescue breaths. The compression / ventilation remains at 30 compressions to 2 ventilations.** The ARC also recommends that if a person is unwilling or unable to provide full CPR (ie chest compressions plus rescue breathing) then they should provide continuous chest compressions at a rate of just over 1 compression per second. (Website: [www.resus.org.au](http://www.resus.org.au))

## HAPPY 14<sup>th</sup> BIRTHDAY KMR

**ANY ATTEMPT IN  
RESUSCITATION IS  
BETTER THAN NO  
ATTEMPT**

| Office Hours |  
| 9.30 – 3 pm |  
| Monday to Friday |

## JNR. ALIVE

Preschool & Primary  
First Aid Workshop.

Provide your students with the  
knowledge to make a difference  
today!

1 hr – 2 hr programs Available

Contact us for more information

Are you prepared ?..... Safety First.  
**COMPACT FIRST AID KIT**

Only \$80

Great gift for loved ones !



Hope all enjoyed a safe & relaxing Easter .

**TRAINING YOU TO MAKE A DIFFERENCE**