

YOU

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SWEET SONGS

WHAT: Harvest Rain Theatre Company's musical theatre interns perform Broadway hit *Sweet Charity*
WHEN: November 2-5
WHERE: Visy Theatre, Brisbane Powerhouse
WEB: www.harvestrain.com.au

ARTISTIC TRIO

WHAT: *Artist's Perspective* is an exhibition of paintings by Fu Hong, Kym Hart and Ken Strong
WHEN: Until October 30
WHERE: Red Hill Gallery, 61 Musgrave Rd
WEB: www.redhillgallery.com.au

NAKED FUN

WHAT: An encore Brisbane season of cabaret comedy *Often I Find That I Am Naked*
WHEN: October 27-29
WHERE: Performance Space, Judith Wright Centre of Contemporary Arts
WEB: www.judithwrightcentre.com.au



WISE UP: Only a small fraction of Queenslanders hold a valid first aid certificate - a situation which needs to improve.

Lifesaving knowledge should be a top priority

CHARLEY RICO
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SAVING someone's life through the use of first aid and CPR is as simple as taking a one-day course through Queensland First Aid.

Just .02 per cent of Queenslanders hold a valid first aid certificate leaving a lot of people up the proverbial creek without a paddle should an emergency arise.

Queensland First Aid managing director Garry Draper said some European countries required drivers to acquire a first aid certificate in order to get a driver's licence.

"This is an area that has room for improvement in Australia and we're trying to turn that around," Mr Draper said.

According to a QUT study, injury is the fourth leading cause of death in Australia but why are so few of us prepared? "Awareness is a major thing (and) a lot of people's perceptions of doing a first aid course is it's tedious, long-winded and boring but we're trying to

Basic first-aid knowledge

1. DEHYDRATION: If you're feeling thirsty, you're already dehydrated. To function effectively, your body needs two litres of water a day, so avoid dehydration this summer and keep up the water.

2. DROWNING: Don't become the second casualty if you see someone drowning. Never enter the water if you are not a confident swimmer. Get help, use a towel, rope or stick to help them out.

3. SNAKE BITE: Stop venom from moving around the body by

keeping the victim as still as possible. Remain calm and bandage the limb from the bite to the torso and if possible, back down the limb.

4. BEE STINGS: Once the stinger is out, check that the itching, swelling and redness are localised to the bite site. If the reaction is all over their body or the person is having trouble breathing, seek medical assistance immediately.

5. CHOKING: Don't hit someone on the back if they're choking. Encourage them to cough.

change that - it always seems to be in the 'too hard' basket," Mr Draper said.

"If you're not confident or don't know what to do ... you'll potentially have a regret that you could so easily not have had.

"What we're trying to promote is that everyday people can be heroes

- it could make such a big difference to so many lives.

"You could save a life and avoid so many situations just by knowing some easy methods."

A standard first aid course costs \$125 or pay just \$55 for CPR only.

➔ **For bookings or more information, visit qldfirstaid.com**



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