



## Third consecutive win for Mandalong in annual coal industry first aid competition

Newcastle (Australia), 27 May 2019 –

Ten teams from across the NSW coal industry competed at the annual Coal Services First Aid Competition that was held at the Newcastle Mines Rescue station on Friday, 24 May 2019. Teams were judged on the level of proficiency with which they administer first aid, as well as how they manage environmental and equipment hazards.

‘This competition focusses specifically on first aid skills. Many teams include first aid officers, not just those with specific mines rescue training,’ explained Mark O’Neill, General Manager CS Health. ‘The scenarios in this competition are designed to reflect everyday situations such as gardening, slip hazards in the workplace or even a family barbeque where first aid skills may be required.’

Among the more common ailments requiring first aid were spider bites, allergic reactions, sprains, fractures and burns. Teams also encountered amputations and spinal injury. The competition has a strong practical focus, but there is also a focus on general first aid knowledge and CPR.

‘We include a CPR component each year, including use of a defibrillator, because it is an essential skill to have in any first aid emergency. CPR is about ensuring blood flow to the brain is not compromised. This year we used a new mannequin that responds to the depth, rate and hand position during compressions and the importance of release between each compression. If done correctly, lights indicate the virtual blood flow from the heart to the brain that should occur during CPR. This part of the competition is just as much a learning exercise as a practical test as teams can see the effectiveness of their CPR performance and adjust accordingly.’

Centennial Coal’s Mandalong team were named overall winners for the third consecutive year, taking top honours for six of the ten scenarios. Captain Clint Bryant thanked his team for their unwavering efforts in the lead up to the event and on the day.

‘These competitions are a great way to put our training and skills to work outside of the mining environment that our mines rescue skills prepare us for. Coal Services challenges us every year and we are proud to be here among such a competitive and highly skilled group,’ he said.

‘I also need to thank Centennial Coal and in particular Steve Screen for their support in allowing us the opportunity to train and compete each year. We were also fortunate to have Alex Lidwinski, a seasoned brigadesman and multiple competition winner, and our former

**Corporate Office**

T: +61 (2) 8270 3200  
F: +61 (2) 9262 6090  
Level 21, 44 Market Street  
Sydney NSW 2000  
GPO Box 3842  
Sydney NSW 2001

**Lithgow**

T: +61 (2) 6350 1050  
F: +61 (2) 6351 2407  
3 Proto Avenue  
Lithgow NSW 2790  
PO Box 72  
Lithgow NSW 2790

**Mudgee**

T: +61 (2) 6370 6100  
F: +61 (2) 6372 2470  
4/64 Sydney Road  
Mudgee NSW 2850  
PO Box 1156  
Mudgee NSW 2850

**Newcastle**

T: +61 (2) 4948 3100  
F: +61 (2) 4953 0541  
143 Main Road  
Speers Point NSW 2284  
PO Box 219  
Boolaroo NSW 2284

**Singleton**

T: +61 (2) 6571 9900  
F: +61 (2) 6572 2667  
1 Civic Avenue  
Singleton NSW 2330  
PO Box 317  
Singleton NSW 2330

**Woonona**

T: +61 (2) 4286 5400  
F: +61 (2) 4285 4144  
558-580 Princes Highway  
Woonona NSW 2517  
PO Box 42  
Corrimal NSW 2518

(retired) captain Iain Pattie, lend us advice and coaching again this year and we thank them for their time.'

Ends

**The following mine sites participated in the 2019 Northern Region First Aid Competition:**

- Glencore: Bulga Open Cut, Ravensworth, Mangoola, Integra
- Peabody: Metropolitan
- Centennial Coal: Mandalong, Myuna
- Thiess: Mt Owen
- South 32: Dendrobium
- SIMEC: Tahmoor

**For more information please contact:**

**Belinda Ward**—Marketing Manager

Mobile: 0419 148 135

[belinda.ward@coalservices.com.au](mailto:belinda.ward@coalservices.com.au)

**About Coal Services:**

---

Coal Services is an industry owned organisation committed to providing critical service and expertise to the NSW coal mining industry.

Coal Services is dedicated to working in partnership with customers and stakeholders to provide a suite of health, safety, environment and insurance solutions. These critical services support NSW coal mine workers, employers and communities and demonstrate an ongoing commitment to maintaining a safe workplace and a healthy workforce.

Coal Services has statutory functions, as outlined within the *NSW Coal Industry Act 2001*. These functions include, but are not limited to, the provision of workers compensation; occupational health and rehabilitation services; the collection of statistics and the provision of mines rescue emergency services and training to the NSW coal industry.

Visit [www.coalservices.com.au](http://www.coalservices.com.au) for further information.