

Springvale triumphs at First Aid Challenge

Lithgow (Australia), 15 May 2024 –

Teams attended multiple simulated scenarios with casualties suffering from broken limbs, hyperventilation, suspected spinal injury, heat stroke, severe allergic reaction, limb impalement and extreme heat exhaustion at the Lithgow Mines Rescue Station on Friday, 10 May 2024.

Six teams vied for top honours at the annual Coal Services Western Region First Aid Competition, with the Centennial Coal's Springvale mine named the overall winners.

Monique Roberts, Head of Health Operations, said that the competition serves as a platform for teams to put into practice the first aid skills acquired through training at Mines Rescue.

'The scenarios mirror real-life situations encountered at home, in the community, or in the workplace. Teams are equipped with just a basic first aid kit, and are evaluated on their teamwork, response to each scenario, and first aid proficiency. While the emphasis is on practical skills, teams are also assessed on their theoretical knowledge of first aid and CPR.'

A first aider must swiftly identify and address injuries while remaining mindful of additional potential hazards. They must also demonstrate leadership and organisation at the scene, such as directing bystanders to assist and documenting essential information for paramedics upon their arrival.

Western Mines Rescue Regional Manager, Mark D'Elboux, said the event is an opportunity for teams to test the skills they learn through first aid training at Mines Rescue.

'Many of the people we train work in remote locations where timely first aid can be life-saving. The scenarios are as close to real life as it gets and require teams to manage environmental and equipment hazards as well as multiple injuries and distressed casualties. In each scenario, teams are judged on how they work together with limited equipment and how well they responded to each situation, as well as their application of first aid.'

Centennial Coal's Springvale Mine team captain Luke Smith thanked Coal Services' organisers and volunteers for the time and effort in coordinating the event.

'We enjoy these competitions because we learn something new each time. The realism of the injuries and the unpredictable scenarios are a credit to the Coal Services team who organise and volunteer for the event. It mirrors what could happen in real life, so it helps prepares us for anything.'

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L-R: Aaron Kelso, Luke Smith (Captain), Mark Jenkins and Paul Stains

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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 for further information.