

Ulan West claims first aid title

Mudgee (Australia), 12 May 2025 –

Skilled first aiders showcased their lifesaving abilities on Friday, 9 May at the Western Region First Aid Competition that simulated real-life emergency scenarios. Participants responded to realistic incidents including a motor vehicle accident, electric shock, a forklift mishap in a workshop, and a ladder fall in a garage—demonstrating not only technical proficiency but also the calm, quick decision-making that is essential in critical situations.

Five teams competed in the closely contested event, with the team from the Glencore Ulan West being named the overall winners as well as the award for ‘best theory’.

Western Districts Regional Manager, Mark D’Elboux, explained that the day is a hands-on opportunity to apply knowledge and skills in real-life situations.

“The competition is really about using the skills learnt at first aid training, using only a basic first aid kit. If you’ve done a first aid course but aren’t practising those skills every day, you might not remember everything in a real-life situation – and that’s ok. Call 000, check the patient’s breathing and pulse, and keep them safe from further harm.”

“Incidents can occur anywhere – at home, in the workplace, on the way to or from work or school. The competition scenarios reflect what can happen and, in these instances, you must work with what you have on hand to treat injuries and remove other hazards until paramedics arrive,” added Monique Roberts, Head of Health Operations.

Ulan West team captain, Kai Gray, thanked everyone for participating.

“Thank you also to Coal Services for putting on the event and to Glencore for allowing us to train and complete.

“The competitions are always good days from a learning perspective. The injuries we came across were what you would expect, but it was how they were presented in each scenario that made it real. I’m really happy with the training and the effort the team put in.”

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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.

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