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 Ian Hutchinson, who had a cardiac arrest while cycling around Narrabeen Lagoon, with all those who helped save his life on that day. Picture: Julian Andrews.

MANLY

Ian Hutchinson launches CPR Friendly website to teach lifesaving skills for the time poor



Without them having a go, he would have died.



 Ian Hutchinson pictured with his partner Katie Roberts, 38, and his daughter Sierra

The father-of-one said he was one of the 'lucky nine per cent' who survive a cardiac arrest, caused by an electrical fault in the heart which can happen to anyone.

Mr Hutchinson has made it his mission to change that statistic. This week he launched a website called CPR Friendly with a series of humorous micro training videos from just five seconds to 30 minutes, and a longer three hour tutorial.

“Those who gave me CPR in those first few minutes saved my life,” he said.

“Without them having a go I wouldn't be here. That's the message I want to get across.

“Doing something is better than nothing.”

It was at around 10.30am on September 25 when Mr Hutchinson came off his bike while having a cardiac arrest.



Mate Don Mackee, 53, of Elanora Heights, heard Mr Hutchinson yell out and raced back. Luckily that day walkers Caroline Hepburn, 56, of Warriewood and Anne Ross, 58, of Beacon Hill, came round the corner and saw the scene.

Both had done CPR courses, although years before. Mr Mackee did CPR training at school.

“He was gasping and very grey, then he wasn’t breathing at all,” Ms Ross said.

They called the emergency services and while they spent several minutes trying to work out their location, the Triple 0 operator talked them through a series of checks and told them how to begin CPR.



Mr Hutchinson was shocked twice by paramedics before he was taken to Royal North Shore Hospital.

Mark Lenehan, a Mona Vale paramedic said CPR can be confronting because if you are doing it right ribs will break.

“No-one dies from a broken rib,” he said.

“Learn CPR but if you haven’t a Triple o operator will coach you through it.”

Go to cprfriendly.org



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COMMENTS



CPRfriendly.org