



Ian Hutchinson (front) with the strangers who saved him (left) and his mate Don Mackee. Picture: Julian Andrews

When Ian Hutchinson went into cardiac arrest at Narrabeen Lagoon it took the quick actions of eight people to keep him alive, **Julie Cross** reports, page 7

## My life savers

A MAN who went into cardiac arrest while cycling at Narrabeen Lagoon has returned to the scene to thank his saviours.

Ian Hutchinson, 56, said the experience of almost losing his life led him to start a website to help others learn CPR skills in just minutes.

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Ian Hutchinson at Royal North Shore Hospital after suffering a cardiac arrest. Below: Ian Hutchinson, second right, with the people who saved his life. Picture: Julian Andrews.



## Hero life savers inspire survivor's CPR classes

**Julie Cross**

THIS is how many people it took to save one man's life.

Ian Hutchinson, 56, of Newport, suffered a cardiac arrest while on a bike ride around Narrabeen Lagoon.

Last week for the first time he was reunited with the emergency services who attended on the day — and the passers-by who stopped and gave him CPR for the eight crucial minutes before the professionals arrived.

Without them having a go, he would have died.

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.

All three helped perform CPR before a runner, Tim Locke, who had done CPR training recently, stopped and took over.

Ms Ross and Ms Hepburn said they would not hesitate to offer help again after real-

ising their efforts had helped save a life.

Leading Senior Constable Michelle Tanner said Mr Hutchinson would not be alive without the help of those strangers.

"That eight minutes was critical and the fact that many people were working on him, saved him," she said.

Mr Hutchinson was shocked 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 0 operator will coach you through it."

Go to [cprfriendly.org](http://cprfriendly.org)