

Home › Latest News › Man revived, survives cardiac arrest thanks to bystanders: Manly

Man revived, survives cardiac arrest thanks to bystanders: Manly

By **Kim Smee** December 2, 2022



Two ambulances and three police cars responded to a medical emergency on South Steyne after a man suffered a cardiac arrest on 27 November. Manly, Sydney, Australia. Photo: Alec Smart,

The wife of a Manly resident who suffered a cardiac arrest and turned blue outside the Manly Surf Club last weekend has praised those who saved his life.

The 54-year-old man suffered a cardiac arrest on South Steyne in the late afternoon of Sunday, 27 November. A number of people leapt into action with CPR and then a defibrillator was located nearby and activated – saving his life.

The first eight minutes following a cardiac arrest are critical, so early access to CPR and a defibrillator is essential to survival.

The man's wife told *Manly Observer* the quick thinking of those on scene saved his life. He was now off life support and speaking – and even recalled having a random chat with this author once so his wife confirms his memory is excellent!

The woman, who asked not to be identified, said she was moved by how many people were part of the excellent response and that her husband sent his utmost gratitude for his second chance.

"I thank the people who called the ambulance, the people who called me from his phone, the people who held an umbrella over my head once I arrived at the scene and most importantly the group of people who resuscitated him," she said.

"Frankly, without these first responders and the CPR they provided, my husband wouldn't be alive. I will be eternally grateful.



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"He was taken to Northern Beaches Hospital by paramedics who knew exactly what they were doing, who focussed 100% on my husband and kept him going. Since arriving at the hospital he has received outstanding care. I had never been to an ICU (intensive care unit) before and I am so impressed and grateful for the professionalism and tireless care the staff provide.

To all of you who helped my husband survive that night, THANK YOU. He will be able to return to his children, his family."



Manly Surf Life Saving Club, South Steyne.. Photo: Alec Smart

The Manly resident said it was a good reminder of the difference a first aid course can make, and encouraged readers to enrol in one.

"Sunday has proved once more that it can save lives. Sunday's event could have ended in despair; instead our family will be able to continue living a happy life together."

Does your community group need a defibrillator?

By coincidence, this week marked the announcement of an expanded defibrillator program from the NSW government to provide more funding for sporting and community groups to keep one on hand.

Community sport clubs and organisations can now apply for up to \$9,000 to access the life-saving defibrillators.

Manly MP James Griffin said the Local Sports Defibrillator Program is available to sport and recreation clubs, associations and organisations as well as councils and service clubs.



Up to \$3,000 is available per device with organisations able to apply for up to three devices valued at \$9,000.

“This will enable our local sporting organisations and Council to install these defibrillators, so they are equipped to respond to life-threatening emergencies.

“I encourage all our sporting clubs to apply for these grants that will help prevent the trauma, and the heartache, that cardiac arrest can cause families,” Mr Griffin said.

Minister for Sport, Alister Henskens said the NSW Government had committed an additional \$2 million over four years to the program.

“Whether you’re at your local sailing club or playing footy with your mates, when someone has a cardiac arrest, time is crucial – a cardiac arrest can happen to anyone, anytime, anywhere so it is vital that a defibrillator is readily accessible.” Mr Henskens said.

Applications are now open and close on Friday, 10 February 2023.

For more information on the Program, visit: <https://sport.nsw.gov.au>.

