

# Become an ambulance volunteer

Have you ever thought about becoming an ambulance volunteer?

How easily you could fit it into your life?

How much you'd get out of it personally?

We'd love to talk to you in person, but before we do here's a simple guide to help you make your decision – ultimately to learn skills for life.

First we'll answer some commonly asked questions and then we'll talk you through the process of becoming a volunteer with SA Ambulance Service.

It's very simple really and people who volunteer come from all walks of life and all ages – but more about that later. First a few answers.

## Why does SA Ambulance Service need volunteers?

Volunteers have always been an important part of regional communities in South Australia and across the country. No doubt, your own community relies on them and you may already volunteer for another organisation or group. Without volunteers, some of the most important services available in country South Australia wouldn't be so accessible. SA Ambulance Service is one of these vital services.

More than 1400 volunteers make up our network of over 70 country volunteer teams. And without their efforts many country communities wouldn't have local ambulance stations. They'd need to rely on response from a neighbouring town.

Our trained volunteers provide professional emergency medical treatment as well as non-emergency transfer services to patients within their community. And along the way, our volunteers gain skills that will be valuable for the rest of their lives.



## What skills will I learn?

As an SA Ambulance Service volunteer your training and practice will equip you with skills you can use every day for the rest of your life.

Imagine having the skills and confidence to take control in an emergency situation, whether it be 'on the job' or at home with your family. And imagine having the ability to save the life of a friend, colleague or family member. The personal satisfaction that comes with these skills is immeasurable.

But as well as learning life-saving medical skills, other life skills will get a boost – like self-confidence, decision making, team and leadership abilities. And all our volunteers are trained in safe, defensive driving: that's something you'll call on every day.

As a prospective volunteer, you'll have qualities that we recognise as important – your compassion, commitment to the community and your willingness to learn are just a few. SA Ambulance Service wants to build on what you bring.

It makes our service better and in turn it serves you with skills for life.

[www.saambulance.com.au](http://www.saambulance.com.au) 1800 655 306



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Service



## How can I fit volunteering into my life?

We have volunteers who work full-time jobs and we can help employers understand and facilitate that.

Some of our volunteers are retired. Yet others have young children and they still find time to do what they love.

There's some truth in the notion that if you want something done well, ask a busy person.

Our volunteers are in their twenties, thirties, forties, fifties, sixties and even seventies. And what they have to say about volunteering is very revealing.

Statements like "This is the most rewarding job I've ever had" and "I only wish that I did this years earlier" are common.

Finding the time to volunteer is all a matter of priorities and we respect that volunteering is not for everyone.

But for those who recognise how it could help them and the community, we aim to keep volunteering as



simple as possible, so that you are free to go about your daily life even when you are on call.

As an SA Ambulance Service volunteer you need to be willing to go on roster for a minimum of 30 hours per month and participate in at least two training sessions per month.

## How do I become a volunteer?

The first step is to fill out an application, then there'll be an interview, followed by a medical assessment and criminal history checks.

Once you're successful, you'll begin free training that equips you to save lives. You'll learn how to help in any situation: from asthma and heart conditions to farming injuries or accidents, as well as routine patient transfers.

It doesn't matter who you are, you've got something to give. And here's the perfect opportunity to give it.

SA Ambulance Service volunteers are vital for our country communities, so we'd love to hear from you.

We are also looking for volunteers to support our ambulance officers; for example, with administrative work, committee participation, helping with volunteer recruitment campaigns, gardening, and equipment maintenance.



For more information call **1800 655 306**, visit our website: **saambulance.com.au** or email your expression of interest to **saasvolunteer@sa.gov.au** stating your contact details.

