

Press release: Environment Agency staff win National Lifesaver Award

Marcus Fry and Rob Nichols travelled to London at the weekend to collect their award from SADS UK, a national charity that campaigns to prevent loss of life from Sudden Arrhythmic Death Syndrome.

The pair swung into action after a colleague collapsed at the Environment Agency's head office in Horizon House, Bristol. The victim, a woman, was unresponsive and struggling to breathe.

First-aider Marcus started administering cardio-pulmonary resuscitation (CPR), then realised he could also deploy an automatic external defibrillator to prevent the risk of brain damage until an ambulance arrived. Software contractor Rob Nichols took over CPR while Marcus powered up the defibrillator.

Project manager Marcus, 55, of Thornbury, said:

These things work on a fluttering heart, so while Rob, a volunteer with West Midlands Ambulance Service, continued the CPR, I put the pads on the patient. The machine did an analysis and instructed us to continue mouth-to-mouth and CPR. After 2 to 3 minutes the paramedics arrived, followed by an ambulance carrying larger equipment, and then a doctor by helicopter.

After 20 minutes the medics stabilised the patient before taking her to hospital, where she was slowly awakened and treated for her heart condition.

Richard Houghton, Deputy Director, Health, Safety and Wellbeing at the Environment Agency said:

We are very proud and grateful of our quick-thinking colleagues whose calmness and first aid knowledge saved their workmate's life. The health, safety and wellbeing of our workforce is paramount for the Environment Agency, and I congratulate Marcus and Rob on winning this award.

Rapid treatment is essential when someone suffers Sudden Cardiac Arrest (SCA) and the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs.

A defibrillator sends an electric shock to the heart to restore its normal rhythm. Prompt treatment increases a victim's chances of survival and reduces the risk of brain damage. Without rapid treatment only around 8% of people survive without neurological damage so every minute counts.

The Environment Agency colleague, after her recovery, said:

I feel like the luckiest person in the world. Marcus and Rob provided the assistance I needed with minimum delay. Their actions were impeccable. I was in hospital for 2 days in an induced coma and thankfully hadn't suffered any neurological damage when I came around.

In a statement read out at Saturday's awards ceremony the colleague said, "There are no words in any language that can express the feeling of being resuscitated. They just didn't give up on me. Gratitude is massive. But yet 'gratitude' feels like such a small word."

Anne Jolly MBE, founder of SADS UK, said:

SADS UK commend the lifesaving action taken by Rob and Marcus. It is good to know there was a defibrillator on the premises and that the Environment Agency has installed more at other offices since this incident.

The introduction of the automatic external defibrillator to the Environment Agency's Bristol office can be credited to the experience of former Bolton Wanderers' Fabrice Muamba. When he was aged 23, Fabrice suffered cardiac arrest during a match against Tottenham Hotspurs and was resuscitated after his heart stopped beating for 7 minutes.

Marcus was presented with a Lifepak defibrillator that he is donating to Yatton Keynell Village Hall, Wiltshire.

[Learn to cut it in the forestry industry](#)

Professor Wayne Powell, Principal and Chief Executive of SRUC, welcomed Rural Affairs Secretary Fergus Ewing to the Barony campus recently to announce a new forestry apprenticeship scheme.

Whale Detectives make strong case for award

The team at the Scottish Marine Animal Stranding Scheme (SMASS) will tomorrow learn whether their 'Whale Detectives' initiative is among the winners at this year's Nature of Scotland awards.

Research and analysis: Investing in energy efficiency: investigating the total costs to business

The research examines the total costs businesses face when investing in energy efficiency measures. The report examines non-capital or 'hidden' costs associated with investment in energy efficiency and low carbon technology, as well as the associated decision making and appraisal processes used by businesses.

Analysis is based on interviews with 30 organisations from a range of industries that predominantly made large investments in energy efficiency for industrial processes. Its findings are not intended to be definitive as the report looks at a small sample of organisations. However it provides a more detailed examination of how some businesses make decisions around energy efficiency.

This report was prepared by Eunomia Research & Consulting Ltd (Eunomia) in collaboration with Verco Advisory Services Ltd (Verco) and the Centre for Sustainable Energy (CSE), and was commissioned by the former Department for Business, Innovation and Skills (BIS).

Notice: HU12 8DX, Veolia ES (UK) Limited: environmental permit application advertisement

The Environment Agency consults the public on certain applications for waste

operations, mining waste operations, installations, water discharge and groundwater activities. The arrangements are explained in its [Public Participation Statement](#)

These notices explain:

- what the application is about
- how you can view the application documents
- when you need to comment by

The Environment Agency will decide:

- whether to grant or refuse the application
- what conditions to include in the permit (if granted)