

NEWS | A LOOK BACK ON 2025

'One life is enough': defibrillator installed

BY LAURA RUMBEL

A NEW addition to the Tomaree Headland has the potential to one day save a life.

The defibrillator is located in proximity to the stairs that lead to the top of Mount Tomaree's summit.

According to Tomaree Headland Heritage Group president Peter Clough, more than 500 people an hour take on the trek during busy periods.

"It makes a whole lot of sense to have a defibrillator accessible," he said.

The defibrillator was in-

stalled by the NSW National Parks and Wildlife Service in July, and Mr Clough said it could one day save a life.

"One life is enough," he said.

Tomaree Headland Heritage Group member Ashleigh Milne said the defibrillator is something that has been needed for a long time.

"It's fantastic that it has now finally been installed on the Tomaree Headland," she said.

"One day it will save a life."

Ms Milne, who is trained on how to operate a defibrillator, said people don't

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Ashleigh Milne, Tomaree Headland Heritage Group

need to know how the device works, as it will guide them.

"It will tell you exactly what to do and how to save a life," she said.

The defibrillator has voice prompts, and Ashleigh said there is nothing to be scared about when using it if someone is in need.

"It is best to try than not try at all," she said.

While there haven't been a high number of recorded heart-related incidents on the mountain, Mr Clough said safety is always a priority.

"We want to make sure everyone, from first-time visitors to seasoned climbers, can enjoy the climb with peace of mind," he said.



Peter Clough, Ashleigh Milne and Jim Cutler with the new defibrillator at Tomaree Headland. Picture by Laura Rumbel