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- Public Education Officer John Wright
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## Cycle Paramedic Susanna Trow

I wanted to be a paramedic because I had my sights set on an adventurous career. I registered in 2008 and now I'm on my second secondment with the cycle response unit.

I love it because I get to spend all day outside in Soho, Mayfair and the West End. There's always a big event going on, so we get really busy. Being part of it with the crowds is a huge perk of the job.



Every day I cycle from Waterloo to our walk-in centre in Soho. My bike weighs 80kg – we carry everything we need on them. We go to the low priority calls so we can assess, treat and refer without having to call out an ambulance. About 50 per cent of our patients don't need to go to hospital, but I'm sometimes first on the scene at serious cases. If a patient is severely injured, I go along with the ambulance crew.

Recently, a builder was high up on scaffolding and wasn't harnessed properly – he fell down onto his ankles. I was the closest and made my way to him straight away, and had enough morphine and kit with me to start treatment. The hazardous response and helicopter team came to remove the patient safely. It was really good to collaborate with other teams like that. And since this secondment I've noticed a big difference in myself physically. I'm much fitter and stronger.

