

Biography of Lance Armstrongwaters

□ 21/12/1960

Military service:

1977-1978 HMAS LEEUWIN

Joined As a junior recruit at 16

1978 : HMAS CERBERUS

Marine Engineering Branch training

1978-1979 HMAS STALWART

MTPD training /deployment

1979 :ships diver training

1979: Engineering Technical writer

HMAS SWAN deployment.

1980 Medical Training at HMAS CERBERUS

1980-1982 HMAS NIRIMBA as Able seaman Medic

(Volunteering at blacktown hospital and NSW ambulance

Service over 1000 hours over 2 years to expand my medical /
nursing knowledge and skills in emergency and trauma care)

2008-2010 : reserve nursing officer R.A.N

BRITISH TERRITORIAL ARMY

1999-2005

306 evacuation hospital 2medical brigade as combat
medical technician progression to nursing officer
specialising in mass casualty evacuation & disaster
management.

CIVILIAN Roles:

1982 to 1991 Advanced State Enrolled Nurse in NSW and
Western Australia specialising in accident & emergency/

neurology/ remote nursing care

1988-1994 remedial massage therapist (advanced diploma
of complementary therapies / instructor /sports injuries
,complementary therapies M.C.I. level4(uk)

1994-2002

HUMBERSIDE Ambulance service UK

Patients transport / critical incident debriefer/first
responder./ biological incident management/ training in
mass casualties incidents.

1999-2002 university of Hull Diploma of adult nursing (uk

2002 -2014 : Registered Nurse /clinical nurse working in
accident and emergency / intensive care units in UK &
Australia.

I have be Volunteering with both The RSL cairns sub-branch
and FNQ hospital foundation on several public fund raising
events and roles over the last eight years . I have under taken
further training in peer to peer (ptsd) mental health first aid ,
suicide intervention training , critical incident debriefing.
I have a special interest in veteran mental health and well-
being promotion.

Cheers . Lance armstrongwaters