



MEDIA RELEASE

24 January 2005

St John Australia Day First Aid Tips

St John first aid volunteers will be on duty throughout the city and suburbs on Australia Day, Wednesday 26 January to assist in any first aid emergency.

With warm weather expected St John urges people to remember the following tips to prevent dehydration or injury:

- **Apply sunscreen and wear a hat to prevent sunburn**
- **Drink plenty of water to help prevent dehydration**
- **Bring your own prescribed medications, such as Ventolin**
- **Wear appropriate clothing**
- **Beware of broken glass when walking and sitting**
- **Seek first aid attention from St John volunteers, if required**

St John volunteers are trained to deal with any first aid emergency or incident and will be at events throughout Sydney, including locations at:

- The Rocks
- Hyde Park (2 posts)
- Darling Harbour (3 locations)
- Suburban and regional special event locations

St John (NSW) emphasises that looking after your mates could save them from further illness or injury. It can be as easy as approaching one of the St John First Aid volunteers, who are easy to recognise in their familiar black and white uniforms.

Further information:

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