



MEDIA RELEASE

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New Year's Eve revellers- party safely

More than 70 dedicated St John volunteers will be out on the town in the CBD this New Years Eve providing first aid to revellers throughout the Sydney CBD, with additional volunteers covering events in the greater metropolitan area.

First Aid posts will be established at many locations throughout Sydney, including the high volume areas like The Rocks, Opera House, Circular Quay and Darling Harbour, with highly trained volunteers at each post.

St John Ambulance urges party goers to follow some basic first aid tips before and during their celebrations to prevent dehydration and to remember the following points:

- Apply sunscreen and wear a hat to prevent sunburn if you get to a vantage point in the afternoon
- 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

“Our volunteers treat many casualties during events like this for varying conditions. It is important that people look after themselves during the event. It can be a long night and we want everyone to enjoy all of it,” said Robert de Carvalho, NSW Events Coordinator, St John Ambulance Australia (NSW).

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 volunteers, who are easy to recognise with their familiar black and white uniforms.

ENDS

Further information and interviews:

Robert de Carvalho
NSW Events Coordinator
St John (NSW)
T: 0439 436 442

John Ward
State Operations Officer
St John (NSW)
T: 0411 153 407