



MEDIA RELEASE

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Keeping cool with St John this summer

With the hot summer upon us and people spending more time outdoors, St John is sending a timely reminder to keep first aid skills up to date.

There are a number of common ailments that affect people more frequently in the summer months such as sunburn, dehydration, bluebottle stings, bee stings, burns and heat exhaustion.

“People spend more time outdoors in summer and even a few extra moments in the sun can lead to severe sunburn or heat exhaustion,” said Simon Hitchick, Training Development Officer, St John (NSW).

Sunburn is caused by overexposure to the sun and can happen even on an overcast day.

“St John recommends wearing protective clothing, using at least 30+ sunscreen and wearing sunglasses outdoors. It’s also important to keep up your fluid intake and avoid extended periods in direct sunlight to avoid heat exhaustion,” he said.

“While many people believe these conditions are to be expected throughout the summer months, they can be very dangerous and often need medical attention. It is important to know how to recognise severe symptoms and how to treat the conditions until medical attention is available,” said Mr Hitchick.

St John first aid courses are designed to equip you with the knowledge and confidence to deal with a first aid situation. To book a course or to get your first aid kit up to date visit www.stjohnnsw.com.au or call St John on 1300 360 455.

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