



## MEDIA RELEASE

10 August 2006

# Sun Safety and First Aid in Armidale

40 sun shade tents have been donated to St John (NSW) to be used at community events to provide the public with shelter from the sun and also for St John Volunteers to treat first aid in privacy.

“These tents are a great asset for our first aid volunteers and also the community of Armidale.” Said Stephen Finlay, Regional Superintendent Northern Region, St John (NSW).

“The tents will provide relief from the summer sun and reduce incidents of sunburn and heatstroke. 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 Mr. Finlay.

The Cancer Council (NSW) recommends people to use shade whenever possible and minimise sun exposure between 11am and 3pm (daylight saving time).\*

Unprotected exposure to the sun in the first 15 years of life more than doubles the chances of getting skin cancer later in life. Melanoma is the second most common cancer in NSW. 407 New South Welshman died of melanoma in 2003.\*

The tents were donated by NRMA insurance and have been sent to some 40 St John Divisions within NSW.

“NRMA Insurance is pleased to partner with St John on this important initiative to help improve community health and safety,” said NRMA Insurance Sponsorship Manager, Ms Diane De Zylva.

Look out for the new tents at your next community event and take shelter from the sun.

\*Skin Cancer Statistics from the Cancer Council New South Wales. [www.cancerCouncil.com.au/html/statistics/factsheets](http://www.cancerCouncil.com.au/html/statistics/factsheets)

## ENDS

**To get a picture of the new tents at your next Armidale event please contact:**

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