



## MEDIA RELEASE

14 April 2006

# St John volunteers out in full force this Easter weekend

350 St John volunteers are providing first aid services to thousands of people over the Easter long weekend.

With the Great Escape and the Sydney Royal Easter Show, St John volunteers will give up their time to ensure crowds and patrons are safe and able to treat in the event of a serious incident.

It is expected that St John will treat in excess of 600 people for injuries ranging from blisters, dehydration, cuts and bruises and a few major treatments requiring hospital transfers.

"While the most common injuries treated are headaches, blisters and minor lacerations and abrasions more serious injuries like cardiac arrests can occur.

"Our volunteers have access to specialist life saving equipment including, OxyVivas, Semi-automatic Defibrillators and other essential first aid equipment and any person with an injury at the Show is encouraged to come and see our volunteers, no matter how minor or severe the injury," said John Ward, State Operations Officer, a volunteer himself.

To maintain low casualty numbers, St John urges Sydney show-goers and Great Escape patrons to take care on their travels to and from each events.

Even though it's not the middle of summer the sun can still burn, dehydrate and cause heat stroke. Here are the first aid and safety tips from St John to prevent any of the above:

- Wear a broad brim hat
- Apply sunscreen before leaving home
- Drink plenty of water throughout the day
- Wear comfortable worn in shoes
- Sit in shady or indoor areas
- Take note of the location of all the St John First Aid posts

When boarding the train:

- Give your seat to an elderly or less mobile passenger
- Watch out for the gap between the train and the station platform

..2/

## First in First Aid



## MEDIA RELEASE

When entering the event:

- Don't push the person in front of you
- Hold onto your bag above the height of the turns-stiles

**ENDS**

**Further Information please contact:**

**Media Contact**

Sis Santos  
St John NSW  
Mb: 0439 627 364

**Media Interviews**

John Ward  
State Operations Officer  
Mb: 0411 153 407