



MEDIA RELEASE

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New Year's Eve Safety Messages

More than 120 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.

Pre-hospital and emergency care posts will be established at the following locations:

- Opera House Forecourt
- Circular Quay (Near AMP building)
- Cadmans Cottage - The Rocks
- Dawes Point Reserve
- Bradfield Park
- Luna Park
- Blues Point Reserve
- Clark and Shark Islands
- Manly Wharf
- Dudley Page Reserve in Dover Heights
- Prince Alfred Park in Parramatta

St John 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
- Wear a hat
- Drink plenty of water to help prevent dehydration
- Eat appropriate amounts of food
- Bring your own prescribed medications, such as ventolin & insulin
- Wear appropriate clothing
- Beware of broken glass when walking and sitting
- Don't drink excessive amounts of alcohol
- Seek first aid attention from St John volunteers, if required

“Our volunteers treat many casualties during events like this for varying conditions from blisters and dehydration to cardiac arrests. 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 John Ward, NSW Operations Officer, 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:

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