



MEDIA RELEASE

Wednesday 11 January 2006

St John at the Domain Concerts

More than 20 dedicated St John first aid volunteers will be on duty in the Domain, caring for concertgoers at:

- Jazz in the Domain, Saturday 14 January 2005
- Symphony in the Domain, Saturday 21 January, 2005
- Opera in the Domain, Saturday 28 January, 2005

First Aid posts will be established on Hospital Road and near Art Gallery Road, with highly trained volunteers at each post.

St John (NSW) urges concert goers to follow some basic tips before and during their concerts to prevent dehydration and injury by remembering the following points:

- Apply sunscreen and wear a hat to prevent sunburn if you get to a vantage point during the day
- Drink plenty of water to help prevent dehydration
- Bring your own prescribed medications, such as Ventolin
- Wear appropriate clothing – remember it gets cooler during the night so have something extra to put on if you arrive early.
- Make sure you eat all meals during the day – do not skip a meal to get a better vantage point.
- Seek first aid attention from St John volunteers, if required

“ With up to 50,000 people at the concerts, there is always a chance there will be some medical conditions or injuries that need to be treated, so it’s important that people follow our tips and keep safe throughout the event,” said Robert de Carvalho, NSW Events Coordinator, St John Ambulance Australia (NSW).

“If people do get injured or feel seek they should seek the assistance of our volunteers. They will be based in marked St John Ambulance stations in the venue and patrolling the venue throughout the night” said Mr de Carvalho.

ENDS

Further information and interviews:

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