



## MEDIA RELEASE

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### ST JOHN BIG DAY OUT TIPS

More than 80 St John Ambulance volunteers will be on duty at the Big Day Out on 26 January, caring for concertgoers throughout the Sydney Olympic Park venue.

With warm weather predicted for Australia Day St John offers the following tips:

- Keep your fluids up by drinking plenty of water throughout the day
- Don't forget to apply sunscreen every two hours and to wear a hat when you are outdoors. Remember you can still get sunburnt on a cloudy day.
- Wear appropriate shoes and clothing
- Bring your own prescribed medication, e.g. asthma puffers, insulin etc
- Plan when you have meals so you don't skip a meal to get a good spot in the crowd.
- Make sure you have the mobile number of your friends and arrange meeting points during the day.
- If you or any of your friends need help, seek out your nearest St John Ambulance post and a volunteer will assist you.

"St John will be providing an extensive service at the Big Day Out in Sydney including an on-site medical centre, six first aid posts, response vehicles and our St John Bicycle Emergency Response Teams (BERTs). This will see more than 80 volunteers on duty." said Robert de Carvalho, NSW Events Coordinator, St John Ambulance Australia (NSW).

"Our volunteers treat many casualties during events like this for varying conditions. It is important that people look after themselves and their mates during the event. It can be a long day and we want everyone to enjoy all of it." said Mr de Carvalho.

**ENDS**

**Further information and interviews:**

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