



MEDIA RELEASE

24 January 2006

St John Australia Day First Aid Tips

St John Ambulance volunteers will be on duty throughout the city and suburbs on Australia Day, Thursday 26 January to assist in any first aid emergency.

During the warmer Summer months St John urges people to remember the following tips to prevent dehydration or injury:

- **Apply sunscreen and wear a hat to prevent sunburn**
- **Drink plenty of water to help prevent dehydration**
- **Bring your own prescribed medications, such as Ventolin**
- **Wear appropriate clothing**
- **Beware of broken glass when walking and sitting**
- **Seek first aid attention from St John volunteers, if required**

St John volunteers are trained to deal with any first aid emergency or incident and will be at events throughout Sydney, including locations at:

- The Rocks
- Hyde Park
- Darling Harbour
- Sydney Olympic Park

“Australia Day is an excellent opportunity for our volunteers to take part in the festivities and help their local community.” said Robert de Carvalho, NSW Events Coordinator, St John Ambulance Australia (NSW). “We would like everyone to enjoy their day and ask that people take note of the first aid tips from St John and please seek help from our volunteers if you need them. They will be happy to help.”

Further information:

Sarah Jauncey
Public Relations Coordinator
St John Ambulance
0410 220 872

Media interviews:

Robert de Carvalho
NSW Events Coordinator
St John Ambulance
0439 436 442