



## MEDIA RELEASE

23 April 2007

# St John Anzac Day Tips

St John Ambulance volunteers will be on duty throughout the city and suburbs on Anzac Day, Wednesday 25 April, to assist with any first aid emergency.

The volunteers will be on duty in the city during ANZAC Day from the 5.30am Dawn Service in Martin Place until the parade concludes in the early afternoon.

St John Ambulance volunteers will be located along the route of the parade and Bicycle Emergency Response Teams (BERTs) will also be on patrol throughout the parade to quickly attend to any injury or condition.

To reduce the number of casualties at the event, St John, Australia's largest provider of emergency care at events, recommends the following tips to those attending:

- **Eat something before heading out, and carry snacks for throughout the day.**
- **Remember to apply sunscreen every two hours, and to wear a hat.**
- **Drink plenty of water throughout the day to avoid headaches and heat exhaustion.**
- **Find a shady spot to cool down and rest during the day.**
- **Bring your own prescribed medication with you, e.g. asthma puffers. St John volunteers will be able help you administer it, if necessary.**
- **Wear comfortable worn-in shoes to avoid painful blisters.**
- **Keep young children close by you.**

The St John professionally trained volunteers are equipped to deal with any emergency or incident, from a headache to a heart attack, and are easy to recognise in their familiar black and white uniforms.

### ENDS

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