



MEDIA RELEASE

The (pink) saints are coming!

On Saturday 6 October St John First Aid Volunteers will be flying the pink flag at the Dove Pink Star Walk in Sydney.

Last year St John volunteers provided first aid assistance to the 5,000 participants of this unique 5km stroll through the CBD, which raises funds for the National Breast Cancer Foundation.

St John volunteers will be located along the route of the walk and Bicycle Emergency Response Teams (BERTs) will also be on patrol 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 evening**
- **Drink plenty of water throughout to avoid headaches and heat exhaustion**
- **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.

Upon seeing the sea of pink, the volunteers in attendance last year vowed that in 2007 they would join in the fun, so this year the St John volunteers will also decorate themselves in pink!

State Operations Officer John Ward comments:

“While I personally don’t look good in pink, I will be encouraging all of our volunteers to join in the fun and the spirit of the night.

“One of the many great things about being a St John volunteer is the chance to play a real part in events like this that make a contribution to the well being of our community.

“It will truly be a fantastic night where two of the country’s leading charities unite for a great cause.”

To register for the Dove Pink Star Walk visit www.mydove.com.au

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