



MEDIA RELEASE

First Aid Tips for Winter

As the weather gets colder and the heaters come out St John (NSW) encourages people to take precautions to minimise the chance of fire in the home.

Burns are the most common injury during winter and fires may be caused by heaters, fireplaces, cooking, electric blankets or by smoking in bed.

To minimise the risk of fire in your home:

- Install smoke alarms: NSW legislation requires all residences to have a functional smoke alarm in each level of their home.
- Keep a fire extinguisher in a central place
- Try to contain open flames such as candles or fireplaces
- Have a fire blanket in the kitchen
- Replace frayed electrical equipment
- Don't smoke in bed
- Have electric blankets and portable heaters checked each winter

If you want to equip your home for winter, St John offers Fire Safety Kits with a fire extinguisher, a fire blanket, 2 smoke alarms and a first aid kit.

Importantly, everyone should know what to do in case of a fire and how to provide first aid to victims of a fire. Remember:

- You should check for danger before doing anything
- Never endanger yourself or other bystanders in order to rescue someone else
- Have someone call '000' immediately
- Remove casualties to a well ventilated area away from smoke
- If throat is swollen, loosely apply an ice pack around the neck
- If the casualty has been burnt, run the burn under cool water for up to 20 minutes
- Seek medical aid urgently if the burn is larger than a 20 cent piece
- If casualty is not breathing, begin CPR

Keep your home and your family safe this winter. Call St John on 1300 360 455 for a Fire Safety Kit, first aid kit or to learn first aid.

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Media contact: Sarah Jauncey, (02) 9219 6856 or 0410 220 872