

MEDIA RELEASE

24 December 2008



Keep safe at the Festival First Night

St John volunteers will be out across the Sydney CBD on Saturday 10 January, providing first aid at the Sydney Festival First Night.

Festival First Night is a free event, kicking off the start of the Sydney Festival, and thousands of people are expected to attend.

First aid posts around Sydney will be established at the following locations:

- Hyde Park (north)
- Hyde Park (west)
- Castlereagh Street - between Martin Place and Hunter Street
- Domain - Art Gallery Road
- Domain - Hospital Road
- College Street
- Cook and Phillip park
- Macquarie street

St John urges party-goers to follow some basic first aid 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
- Plan when you will eat so you don't skip a meal
- If you or any of your family or friends need help, seek out your nearest St John post and a volunteer will assist you
- Bring your own prescribed medications, such as ventolin and insulin
- Wear appropriate clothing
- Beware of broken glass when walking and sitting
- Don't drink excessive amounts of alcohol

St John (NSW) emphasises that looking after your mates could save them from further illness or injury. If you or your friends need first aid assistance it is as easy as approaching one of the St John volunteers, who can be recognised by their familiar black and white uniforms.

ENDS

For further information please contact:

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