



**Ambulance Service  
of New South Wales**



## **MEDIA RELEASE**

**17 December 2008**

# See the New Year in safely

More than 100 dedicated St John Ambulance Australia (NSW) volunteers will be providing first aid to those celebrating New Year's Eve throughout the Sydney CBD, with additional volunteers covering events across NSW.

St John (NSW) urges party-goers to follow some basic safety tips:

- Keep your fluids up by drinking plenty of water
- Apply sunscreen every two hours and wear a hat
- Plan when you will eat so you don't skip a meal
- 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
- If you are in need of first aid, look for the nearest St John post

Caring for your family and friends can save them from further illness or injury. If you or your friends need first aid assistance, just approach one of the St John volunteers, who can be recognised by their familiar black and white uniforms.

Warren Glenny, State Commissioner of St John (NSW) comments:

"Our volunteers treat many casualties during events like this from blisters and dehydration, to more serious conditions such as cardiac arrests. Last year St John members treated over 450 people around Sydney.

"It is important that people look after themselves during the event. It can be a long night and we want everyone to have a great time" Mr Glenny said.

St John Ambulance Volunteers will be working with teams of NSW Ambulance Paramedic crews who will transport patients to hospitals if further treatment is required.

"Having first aid facilities at key New Years Eve venues will likely reduce the number of ambulance related transports. This is because patrons will be able to receive first aid treatment and then return back to the festivities saving themselves a trip to the hospital, "according to a spokesperson for the Ambulance Service NSW.



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

- The Rocks – Cadman’s Cottage, George St
- Sydney Opera House - Underneath eastern side of the main concourse
- Circular Quay – Corner of Alfred and Young St
- Dawes Point – Northern end of Hickson Road
- Darling Harbour North – Maritime Museum end of Pyrmont Bridge
- Darling Harbour East – Aquarium end of Pyrmont Bridge
- Darling Harbour – First Aid Room (next to Information Centre)
- Bradfield Park – Underneath the northern end of the Sydney Harbour Bridge
- Luna Park – Big Top Foyer and First Aid Room
- Blue’s Point Reserve – End of Blues Point Road, North Sydney
- Goat Island
- Clark Island
- Shark Island
- Manly Wharf – Western Esplanade
- Bradley’s Head – lower car park, corner of Bradley’s Head Road and Athol Wharf Road

**ENDS**

**For further information please contact:**

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