



MEDIA RELEASE

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Keep safe at the Tamworth Country Music Festival

More than 30 St John volunteers will be out in force providing first aid services at the Tamworth Country Music Festival, running for ten days from 18 January.

First Aid posts will cover six main venues at the Festival, including Peel Street, Bicentennial Park, Tamworth Regional Entertainment Centre, West Leagues Club, Hands of Fame Park and West Diggers, with highly trained volunteers at each post.

The Tamworth Division of St John urges attendees to follow some basic tips before and during the Festival:

- Apply sunscreen and wear a hat to prevent sunburn if you get to a vantage point in the afternoon
- Drink plenty of water to help prevent dehydration
- Bring your own prescribed medications, such as Ventolin
- Wear appropriate clothing, including proper shoes
- Beware of broken glass when walking and sitting
- Seek first aid attention from St John volunteers if required

“It is important that people follow our tips to prevent dehydration and injuries,” said Peter Burson, St John (NSW) Operations Officer, New England.

“Our first aid volunteers treat casualties during music festivals for a variety of conditions, mostly dehydration, and heat related injuries such as blisters and headaches. We want people to enjoy themselves but also keep safety in mind,” said Mr Burson.

St John (NSW) emphasises that looking after your mates could save them from further illness or injury. It can be as easy as approaching one of the St John First Aid volunteers who are easy to recognise with their familiar black and white uniforms.

ENDS

For more information and to arrange photography please contact:

Peter Burson
St John (NSW) Operations Officer
New England Area
M: 0408 164 183