

MEDIA RELEASE

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First aid tips for runners

St John (NSW) encourages participants in the Sydney Half Marathon on Sunday 18 May to take simple first aid precautions to help prevent dehydration, overheating, or injury.

To reduce the number of casualties at the event, St John, Australia's first aid specialist, recommends the following tips to participants:

- Drink plenty of fluids to help prevent dehydration
- Apply sunscreen and wear a hat to prevent sunburn
- Bring your own prescribed medications, such as ventolin
- Wear comfortable worn in shoes to prevent blisters
- Wear appropriate clothing to prevent chaffing
- Warm up prior to starting and cool down at the end
- Seek first aid attention immediately in any first aid situation

"Dehydration and overheating are common first aid issues at these types of events that can be prevented in many cases. It is very important, however, that people seek early first aid treatment in these situations," said Sean Gavin CEO, St John (NSW).

Approximately 60 St John first aid volunteers will be located at seven locations throughout the 21.1km course. Bicycle Emergency Response Teams (BERTs) will be on patrol throughout the race to quickly attend to any injury or condition and there will also be an Advanced Casualty Management Team (ACMT) for more serious injuries and an Advanced Casualty Management Centre (ACMC) at the finish line.

St John volunteers are professionally trained to deal with any first aid emergency or incident, from a headache to a heart attack, and are easy to recognise in their familiar black and white uniforms.

To find out more about St John visit www.stjohnnsw.com.au or call 1300 360 455.

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