



# MEDIA RELEASE

## An army of volunteers

**8 April 2009.** Not one, not two. On Saturday 25 April, more than 60 St John (NSW) volunteers will be providing first aid during the ANZAC day parade in Sydney's Elizabeth Street.

Volunteers will be located along the route of the parade and Bicycle Emergency Response Teams (BERTs) will also be on patrol throughout the parade to quickly attend to any injury or condition.

Belinda Leonard, State Superintendent of St John (NSW) said that the 20,000 people event is one of the largest that St John attends.

"It's one of the busiest events for us, and we are expecting to treat around 100 people.

"Due to the early start time of the event, many attendees will wear several layers of clothing to overcome the morning cold. As the day progresses, these layers may become burdensome and could lead to cases of heat exhaustion and dehydration", said Ms Leonard.

Easily recognised in their familiar black and white uniforms, St John volunteers recommend the following safety tips if you're attending the event:

- Eat breakfast before you leave for the parade
- Drink plenty of water. Keep your fluids levels up
- Apply sunscreen every two hours
- Wear a hat
- Wear comfortable shoes and clothing
- Bring your own prescribed medication, e.g. asthma puffers and insulin
- If you or any of your friends need help, seek out your nearest St John Ambulance First Aid post

St John first aid volunteers have the latest first aid equipment, including Automated External Defibrillators (AED) and oxygen, ensuring a safe day for everyone.

**ENDS**

### Notes to editor:

**Photos are available upon request.**

**For further information and please contact:**

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