



MEDIA RELEASE

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St John Ambulance prepares for Big Day Out

The tickets to the Big Day Out are sold out. While approximately 55,000 people eagerly wait for the event that will shake the city of Sydney on Friday 23 January, St John Ambulance Australia (NSW) is getting ready for another busy day.

More than 80 St John volunteers will be at the Sydney Showground, providing first aid care to party-goers.

According to Helen Banu-Lawrence, General Manager of First Aid Services, St John (NSW) plays a vital role at the Big Day Out.

“St John will be providing an extensive service at the Big Day Out including an on-site medical centre, 6 first aid posts, response vehicles and our Bicycle Emergency Response Teams (BERTs)”, Ms Banu-Lawrence said.

St John has developed some basic safety tips people should follow to ensure their safety and of those around them.

- Drink plenty of water. Keep your fluids levels up
- Apply sunscreen every two hours
- Wear a hat
- Wear comfortable shoes and clothing
- Minimize the amount of alcohol your drink
- Bring your own prescribed medication, e.g. asthma puffers and insulin
- Make sure you have the mobile number of your friends and arrange meeting points during the day
- If you or any of your friends need help, seek out your nearest St John Ambulance First Aid post

“Our volunteers treat many casualties during events like this for varying conditions. It is important that people look after themselves and their mates during the event. It can be a long day and we want everyone to enjoy all of it,” Ms Banu-Lawrence said.

To know more about St John or to become a volunteer please visit www.stjohnnsw.com.au or call 1300 360 455.

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