



MEDIA RELEASE

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Watch out for sun-related injuries on Australia Day

With the streets full of people on Monday 26 January, St John Ambulance Australia (NSW) is urging people to be careful with sun-related injuries.

Didier Moutia, State Operations Officer for St John (NSW), lists sun burn and dehydration as common injuries this time of the year.

“Australia Day is about celebrating what is great, and people want to celebrate outdoors.

“With a hot summer like this one, we can expect our volunteers to be treating people mainly for sun burn and dehydration. On the very hot days, more serious injuries such as heat exhaustion can occur”, Mr Moutia said.

St John volunteers are trained to deal with any first aid emergency or incident and will have various first aid posts across the city during Australia Day.

St John Ambulance is sending out basic safety tips people should follow in order to celebrate safely. They are:

- Drink plenty of water. Keep your fluids levels up
- Stay in the shade
- Apply sunscreen every two hours
- Wear a hat
- Wear light but protective clothing
- Minimize the amount of alcohol your drink

ENDS

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