

MEDIA RELEASE



DATE	23 rd January 2012	RELEASE DATE	23 rd January 2012
CONTACT	Louisa Millward	PHONE	02 9745 8886
EMAIL	louisa_millward@stjohnnsw.com.au	COMPANY	St John (NSW)
RE:	St John urges barbecue safety this Australia Day		

An Australia Day get-together with family and friends will be on the cards for many this Thursday and with people keen to fire up their barbecues, St John (NSW) is urging everyone to think about barbecue safety, especially where burns are concerned.

According to Professor Fiona Wood, Head of the Burn Injury Research Unit at the University of Western Australia and a St John (NSW) first aid ambassador, the immediate treatment of a burn can minimise things such as pain, surgery and skin grafts by up to 80%.

“When people who have been burned have received first aid, the extent of the injury is reduced. The effect of an initial burn can be ongoing, however giving first aid can close that process down, resulting in quicker healing, less scarring and in extreme cases, more chance of survival,” Prof. Wood says.

Burns are primarily caused by scalding from hot liquid or flames and contact with hot objects. The most important thing to remember about a burn is to immediately cool the burnt area by placing it under cold, running water until the area returns to normal temperature, for up to 20 minutes. The burn can then be covered with a non-sticky dressing.

Medical attention should be sought if it involves the airways, hands, feet, face or genitals or if the burn is bigger than a 20 cent piece on an adult, or bigger than a 10 cent piece on a child. Seek medical advice if you're not sure of the severity of the burn.

St John is offering the following additional tips to ensure your Australia Day festivities are memorable for all the right reasons:

- **Check your barbecue:** clean your barbecue and check that the gas cylinder is functioning properly before use;
- **Watch out for children:** make sure children are supervised around barbecues and remember to put away matches or lighters after use; and
- **Treat any burns immediately:** place the burnt area under cold, running water for up to 20 minutes. If you are not sure of the severity of a burn, seek medical advice.

To find out about learning first aid with St John, call 1800 ST JOHN or visit www.stjohnfirstaid.com.au .

ENDS

For further information, please call Louisa Millward – Marketing Communications Specialist on 02 9745 8886 or 0409 891 630.