



MEDIA RELEASE

For Immediate Release: Wednesday, 27 January 2010

It's a Big Day Out for the St John Volunteers!

While an estimated 38,000 festival goers participate in the massive music event, the 2010 BIG DAY OUT, on Friday, 29 January at the Adelaide Show grounds, St John Volunteers will play an integral role in providing First Aid Services to the large crowds.

With an expected temperature of 31 degrees, over 60 St John Volunteers will ensure that everyone enjoys the day/night event with minimal concern.

St John will be operating three First Aid Posts at this years event: the main First Aid Post will be situated in the Ram's shed pavilion, the minor treatment Post will be situated in a marquee alongside the Grand Stand on the western side of the Main Arena, as well as a Stage Medical Centre to the west of the Orange (main) Stage.

In addition, a large contingent of foot patrols will be roaming the crowds, and 2 Mobile First Aid Units and the St John Electric Vehicle Ambulance will be at various locations throughout the grounds.

The contingent of St John Volunteers include Command Staff, Health Care Professionals, (St John members who are Doctors, Nurses, or Paramedics), Patient Transport staff, Response Teams, along with 40 additional Volunteers staffing the Medical Centers and providing Patrols.

Typically dehydration and alcohol intoxication are common ailments among casualties, with the biggest treatment being headache tablets (paracetamol) along with band aids for blisters (ill fitting shoes or no shoes).

'Sometimes it can be frustrating when we also have to deal with people who forget to bring their own medication with them and require us to assist. Particularly asthmatics, so please remember to bring along your medication.' states Peter Jackson St John Group Leader Major Events.

St John strongly recommends the following health and safety tips:

- Pace yourself, avoid excessive alcohol, and drink plenty of water
- Bring a hat, minimize sun exposure, and apply/re-apply sunscreen
- Make sure you carry a charged mobile phone and important contact numbers
- If you have any chronic conditions or illness (ie epilepsy, diabetes, asthma) be sure to carry information regarding your condition and emergency contact number at all times
- Bring personal medication, asthma puffers etc
- Dress for the day and weather and wear sensible shoes

St John Volunteers are at the 2010 Big Day Out to help if you need First Aid assistance. They are there to make sure you stay safe and have an enjoyable day.

St John is a not-for-profit organisation working for the service of the community.

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