



MEDIA RELEASE

Safety tips for Ekka visitors

Once again the Ekka is rolling into town, and St John Ambulance will be there providing 24- hour first aid coverage to all patrons who visit the show. St John recommends that all visitors to the show follow a few simple tips to ensure that they have a safe and enjoyable time at the Royal Queensland Show.

Last year, St John first aid volunteers treated over 1700 casualties, with complaints ranging from blisters, cold and flu, scrapes, bruises, minor eye irritations, splinters, nausea, headaches and migraines.

St John recommends:

- Wear comfy shoes (and thick socks where necessary). By wearing comfy shoes, visitors will avoid sore and tired feet, and blisters.
- Drink plenty of fluids. This will help all patrons to avoid headaches or even migraines that can be caused by dehydration
- Eat in moderation before going on rides. Over eating too close to rugged activity may cause nausea for some.
- Dress appropriately. The days at the Ekka can be quite warm, especially in the sun, however at night the temperature drops quite significantly, and warm clothes will be need.
- All patrons should take their medication with them. Anyone who suffers from diabetes, asthma or hay fever, should ensure that they have their required medication.
- Bring prams and strollers for young children. Remember young feet will tire particularly quickly. Also remember to keep children well hydrated and allow times for them to rest during their visit to the show.
- Pack a hat, water bottle, and sunscreen.

Fifty St John first aiders will be on call every day during the show and visitors can seek first aid treatment at three different locations. The main post is underneath the John McDonald stand, with the other two posts being located at the entrance of the Number 1 Show Ring adjacent to Gregory Terrace, and near the Number 2 oval adjacent to Side Show Alley.

St John Ambulance Australia is first in first aid, and is dedicated to helping people in sickness, distress, and suffering or in danger.

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