



New Year's Eve

Plan it right for party night with the following tips and ensure your New Year's Eve is something to celebrate!



For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance

NEW YEAR'S EVE SAFETY TIPS

By following these simple tips we can all have a fun and safe New Year's Eve:

- > Wear covered flat shoes and comfortable clothing.
 - > Avoid carrying glass containers.
 - > Avoid dehydration by drinking plenty of water.
 - > Never leave a drink unattended.
 - > Drink alcohol in moderation.
 - > Ensure that you have eaten sufficiently prior to or whilst ingesting alcohol to delay and reduce the absorption of alcohol and any adverse effects.
- > If you are on medication take enough with you.
 - > Dress appropriately for the weather conditions.
 - > Stay calm in crowds and be patient.
 - > If a friend is sick or injured and you do not have access to a phone to dial Triple Zero (000) one person should stay with the patient while someone else goes for help.
 - > Organise a dedicated driver and be prepared with information on public transport.
 - > Motorists need to be aware of the increased pedestrian and traffic activity.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

For further information please contact: