



Ambulance Service of New South Wales

media statement

16 March 2007

2007 Bridge Walk Safety

Ambulance officers are appealing to walkers to take care whilst taking part in the "Our Bridge Walk" this Sunday.

Walkers should be aware that the walk is 3.6km long and with the Bureau of Meteorology forecasting temperatures in the mid-20s, there is a risk of dehydration and sun-burn.

Ambulance officers are advising participants to take sensible precautions to protect themselves during the walk:

- Ensure that you keep up your fluid intake throughout the walk by carrying sufficient water with you.
- Protect yourself from the sun, ensure that you wear SPF30+ sun cream, wear a broad brimmed hat and sunglasses.
- Wear sensible, low heeled shoes for the walk. Avoid wearing new shoes on the walk as this can result in blistering.
- Ensure that you have eaten prior to the walk. Carry snacks with you and eat regularly to maintain energy levels. This is particularly important for diabetics.

Additional ambulances will be on duty for the event. Walkers should be aware that a motorcycle paramedic and rapid responder vehicle will be operating on the bridge deck. A lane on the bridge will be open for emergency vehicle use only.

St John Ambulance volunteers will be stationed along the route. Should you require medical assistance on the route, participants should alert a St John member or call **Triple Zero** and ask for Ambulance.

~ ENDS ~

For further information or local media opportunities please contact Ambulance Media on (02) 9320 7796.