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Party, but don't go overboard

MITCHELL TOY

AMBULANCE officers have warned against drunken tabletop dancing at office Christmas parties as the silly season presents a minefield of injury hazards for careless revellers.

Corporate partygoers breaking through photocopier glass, rolling ankles in high heels and acquiring back injuries from limbo games are among injuries seen by St John Ambulance crews in previous years. But dehydration and drunkenness are the most common causes of mishaps at yuletide bashes.

As Christmas creeps closer,

businesses and organisations are urged to organise first aid at the same time they book catering and venues for festive functions.

St John area manager for first aid services, Rob McManus, said crews had witnessed party patrons get stuck in portaloos, fall in the Yarra and choke on party nibbles during the Christmas period.

"Those types of accidents we don't see very often, but we do see a lot of dehydration as the weather gets warmer and there are more events such as Christmas parties," Mr McManus said.

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WACKIEST CHRISTMAS PARTY INJURIES

- 1 Partygoers trapped in portaloos.
- 2 Revellers falling through photocopier glass.
- 3 Broken legs from three-legged races.
- 4 Falling off a tabletop from grooving too hard.
- 5 People falling into the Yarra River.
- 6 Kids bouncing off inflatable castles.
- 7 Rolled ankles from high heels.
- 8 Party nibbles causing guests to choke.
- 9 Back injuries from limbo games.
- 10 Burns from barbecue oil splatter.

Source: St John Ambulance