



Newsletter

November 2009

OOPPS... THE BACK'S GONE AGAIN

Safe use of AEDs.

"Advice on electrical safety has been amended following recent studies during defibrillation. It is important to understand that the electrical current during defibrillation only wants to travel from one pad to the other, not to "earth" like mains electricity. Tests carried out with a rescuer electrically connected to the patient whilst defibrillation was carried out showed leakage currents through the rescuer that were unnoticeable and smaller than the current that passes through you when you have a body fat test"

For more information and further references see: Perkins D, Lockey A, Defibrillation - Safety verses efficacy. Resuscitation 2008; 79: 1-3.

If you have any doubts about safe use of AEDs you should contact your machines supplier and/ or manufacturer for clarification.



We're on the Web!
www.getsettraining.co.uk

**WE ALWAYS
WELCOME FEEDBACK**

Please feel free to comment on our service on the Testimonials page

Let us know what you think of the newsletter

Bad backs are not always down to moving heavy loads, some other factors also play a part. As we have said on our training sessions, "nothing we will tell you is rocket science; if it were we wouldn't be stood in front of you." I have no doubt that some of the following will come as no surprise either, but maybe a reminder will help put the pieces of the jigsaw together and help prevent back pain affecting your life.

- Outdated and/ or inappropriate techniques for the activity being performed – either at work or at home.
- Obesity – extra weight means we put extra work on our backs and can also lead to us compensating for the change in our centre of gravity by putting our backs out of their natural alignment.
- Poor physical condition – your body must be conditioned to be able to cope with the demands placed upon it.
- Poor sleeping position – again putting the body in unnatural positions increasing the cumulative detrimental overall effect.
- Stress – posture can alter due to psychological stress again placing the body out of natural alignment and increasing the physical stress placed upon it, research also shows pain tolerance can be perceived to be lower whilst the mind is under stress making otherwise minor complaints feel much worse.

This list is by no means exhausted, weight gain through pregnancy, degeneration due to underlying medical conditions etc...

"Stress is the confusion created when one's mind overrides the body's desire to choke the life out of someone who desperately needs it."

- Author unknown and certain words changed to keep it clean, more definitions exist... but I like this one.

£20.00 COMPETITION

Countdown conundrum:

You have until the clock ticks down to Friday 4th December 2009 at 16.00 (I want to finish early) to decipher the conundrum

ALPROPEs

Correct handling practice will help prevent this happening to your discs.

e-mail your answer to mail@getsettraining.co.uk and one winner will get £20.00 in Marks and Spencer vouchers just in time for Christmas.

Winner of September £20.00 word search competition was Wendy Ballard of Bowmer and Kirkland. The missing letters made the new word BLOOD.