



# Newsletter

January 2010



Only one in 13 people feel confident they could carry out first aid on those ill and injured, a survey suggests. The British Red Cross quizzed 2,000 people in the UK about their knowledge and ability to help in a series of emergency situations. The survey revealed that people were particularly weak when it came to CPR.

One of the recently introduced changes to the criteria for delivery of Health and Safety Executive approved First Aid at Work and Emergency First Aid at Work courses is to "highly recommend" the inclusion of an annual basic skills refresher after research showed both theoretical and (more importantly) practical aspects of training quickly declined unless regularly practiced.

Get Set Training are HSE approved First Aid providers.  
(19/08)

**We're on the Web!**  
[www.getsettraining.co.uk](http://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

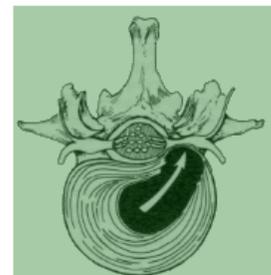
## SLIPPED DISC

Those of you who have completed our course will know the correct term for a slipped disc is a "Prolapsed Disc", the discs can not slip. The good news is that what goes wrong to cause this condition is much less frequent than previously thought. The bad news is; it still occurs far too often when it could be avoided.

There are times when you have no say in the matter; TVs Kate Silverton tripped in a small hole whilst reading her script for Big Cat Live in October '08, after weeks of agonizing pain she realized she wasn't "just being a whimp" and sought help, an MRI scan revealed the prolapse. Only about 10% of cases require surgery as in Kate's case – the other 90% get better without the need for surgery usually within 10 weeks. Speak to someone who has suffered a prolapsed disc and see if they or you want that pain for 10 weeks.

The prolapse can occur by us placing undue stress on the discs (forcing the gel like centre or nucleus against the rings of cartilage forming the outer edges of the disc or annulus) until it eventually brakes out of the centre as in the diagram, or bulges the outer rings against a nerve.

This undue stress does not have to be just once, it can and usually does occur after months or even years of doing a movement slightly wrong time after time – the cumulative effect will take its toll.



Prolapsed Intervertebral Disc

It can sometimes seem we pick on minor points when looking at your moving and handling habits, minor points are better than major ones but are, non the less, important. These additional unnecessary stresses aren't just affecting your discs but muscles – joints – the whole body.

## £20.00 competition

After the good response to Novembers conundrum here's another. This time 2 words that together make just one of many actions you may wish to do for an unconscious breathing casualty.

## VERRYECO SITPOONI

The closing date is 5<sup>th</sup> February 2010. you can enter by e-mailing us at [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) or visit our website and use the "contact us" page.

Winner of the November "Conundrum" competition was Helena Larder of British Gypsum, the correct answer was PROLAPSE