



Newsletter

March 2010

Safe Moving & Handling

"We shouldn't be lifting more than 25kg should we."

The above statement is levied to us during manual handling sessions more often than it is not. It is also, usually, put as a statement and not a question. The text below is copied from the HSE website, it is common sense and a quick response which answers the statement is "would you be able to do your job if that was the case?" – In most instances NO.

"The law does not include maximum weight limits. The main legal requirements require avoidance or control of risk. HSE does not recommend weight limits. The Manual Handling Operations Regulations (MHOR) guidance gives basic guideline figures for lifting and lowering which indicate when a more detailed risk assessment should be carried out."

The risk assessments and safe systems of work for these tasks should also seek your (the workers) input.

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

**WE ALWAYS
WELCOME FEEDBACK**

Let us know what you think of the newsletter

FIRST AID KIT - CONTENTS

There is no mandatory list of items to put in a first-aid box. Your health and safety department will have assessed your on site needs. Where work activities involve low hazards, a minimum stock of first-aid items might be:

- a leaflet giving general guidance on first aid
- 20 individually wrapped sterile plasters (assorted sizes), appropriate to the type of work (you can provide hypoallergenic plasters, if necessary);
- 2 sterile eye pads;
- 4 individually wrapped triangular bandages, preferably sterile;
- 6 safety pins;
- 2 large, individually wrapped, sterile, unmedicated wound dressings;
- 6 medium-sized, individually wrapped, sterile, unmedicated wound dressings;
- a pair of disposable gloves – ensure tolerance of possible users to certain types of material used in some gloves (latex)

This is a suggested contents list only, other items may include scissors/adhesive tape etc... However it is recommended that you don't keep tablets and medicines in the first-aid box.

NOTE: a first aider is not allowed to "prescribe" drugs to a patient. A fully conscious adult casualty is capable of deciding whether or not they want to take medication that may help them but they must administer it themselves.



First Aid Kits should be easily accessible and clearly identified by a white cross on a green background.

£20.00 COMPETITION

Countdown conundrum:

You have until the clock ticks down to Friday 2nd April to decipher the conundrum

REVERSEP FILE

TIP – 2 words that make the first aim of FIRST AID.

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 January £20.00 word search competition was Andy Simpson of Innovia Films. The correct answer was RECOVERY POSITION.