



# Newsletter

## July 2010

### Heat Exhaustion

Heat exhaustion is the body's response to a loss of water and salt through excessive sweating. The most common cause of this is working or exercising in hot conditions (writing this as outside temp hits 84)

Heat exhaustion occurs when the body temperature rises above 38 degrees. If the problem is not treated the much more serious condition of Heat Stroke may develop.

Possible signs and symptoms of heat exhaustion are pale sweaty skin/ confusion and dizziness/ nausea, even vomiting and loss of appetite/ a fast weak pulse/ possible cramps in arms and legs and they may say they feel cold but are hot to the touch.

The treatment includes taking the casualty to a cool place, laying them down and removing any excessive clothing. Let them drink water to help rehydration and constantly monitor levels of response, even if they seem to be recovering quickly seek medical advice – we are first aiders; not doctors.

**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

### HOUSE KEEPING

Our first newsletter went out in May 2008; its theme was "House keeping" – more specifically about where and how items were stored and, with a fresh look at things, if these items could be stored differently to make your manual handling tasks easier. (Full newsletter available on our website)



However, that is not the full story. Manual handling, as with all other aspects of tasks, can not stand in isolation, those of you who have attended our training sessions know they are based in the working world.

The very first principle covered on the **APPLE** is

#### **A – ASSESS**

Not just the load you are thinking of moving but all other factors that could affect your task; affect your health.

A slip trip or fall could be far worse if in tandem with moving a load, your arms are not free to help break a fall; the load becomes a part of the hazard.

Whilst Bills' illustration above may take the point a little further than the real world (?) but it highlights the need to assess beyond the load you're working with.

#### **Conundrum:**

How many vertebrae make up the lumbar region of the spine?  
(Lower back)

**A – 3**

**B – 5**

**C – 7**

e-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by August 6<sup>th</sup> and one winner will get £20.00 in Marks and Spencer vouchers.

**Winner of May £20.00 competition was Paula Savage of The McCambridge Group.**

**MUSCULOSKELETAL disorders are the most common form of work related health problems in Britain.**

