



# Newsletter

November 2010

## Why exercise is good for your back:

We always go on about how the hardest thing to do is **change the manual handling habits** we have got into over the years, and everyone keeps telling us why exercise is good for us. We hate been preached at so we try to let you weigh up the reasons why we advise certain things – so here's a few more pointers to help you make up your minds and avoid a bad back.

- **Fitness postpones fatigue, helping you avoid tired habits like not lifting correctly.**
- When the muscles of your midsection (stomach and back) are toned, they work together to improve posture and support the whole area like a weight lifters belt or corset.
- Fit muscles have more power in reserve, giving greater control and a smoother motion during moving and handling.
- Exercise makes bones denser and stronger proven to help prevent and offset the effects of osteoporosis.
- With stretching, exercise increases flexibility so helping you use good postures for moving and handling.
- Exercise helps you lose weight and stop smoking! Both are bad for backs.
- Exercise improves blood circulation, and so aids the recovery processes in your back.

And the coverall – *always consult your doctor and/ or a fitness professional before starting a fitness programme.*

## Sermon over!



## RESUSCITATION CHANGES

The Resuscitation Council (UK) published their (and ERC) guidelines for single person, out of hospital basic life support (BSL).

Any First Aider should continue to use methods taught on their course until refreshed on their annual 3 hour BSL training or First Aid Refresher courses, the Health and Safety Executive (HSE) has yet to announce when these changes will be introduced into First Aid training; announcement expected November/ December (I will let H+S departments/ Training departments know implementation dates as soon as announced).

Full details can be found at <http://www.cprguidelines.eu/2010/> but below is a summary of the changes.

1. When obtaining help, ask for an automated external defibrillator (AED), if one is available.
2. Compress the chest to a depth of 5-6 cm and at a rate of 100-120 min
3. Give each rescue breath over 1 second rather than 2 seconds
4. Do not stop to check the victim or discontinue CPR unless the victim starts to show signs of regaining consciousness, such as coughing, opening his eyes, speaking, or moving purposefully AND starts to breathe normally.
5. Teach CPR to laypeople with an emphasis on chest compression, but include ventilation as the standard, particularly for those with a duty of care.

Get Set Training is registered with the HSE to provide all First Aid at Work related courses (HSE 19/08). AED courses also available.

## £20.00 COMPETITION

### Countdown conundrum:

You have until the clock ticks down to Friday 3<sup>rd</sup> December 2010 at 16.00 to decipher the conundrum

## I PONG SONI

If this is suspected as happening to a casualty NEVER make the patient vomit.

e-mail your answer to [mail@getsettraining.co.uk](mailto: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 competition was a shy individual who prefers to remain anonymous from Innovia Films Ltd, correct answer "A" – Pulling.