



# Newsletter

March 2011

## KNOWLEDGE CHANGES ATTITUDES - SOMETIMES

### Stayin' Alive 🎵 🎵 🎵 🎵

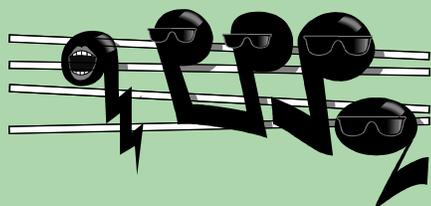
People who have had the pleasure of sitting in on Fitzys' First Aid courses will remember his rendition of "Nelly the Elephant" to help you keep time with the beats per minute recommended during chest compression.

He has been demonstrating this as long as I've known him deliver – and that's longer than I care to tell you, the New York Times has reported that the tempo of the Bee Gees song "Stayin' Alive" may be just what the heart needs if it suddenly stops.

We are advised to press down on the chest at a rate of 100 to 120 times per minute – Stayin' Alive has 103 beats per minute. (105 for Nelly)

Fitz is a man on the same wavelength as the American College of Emergency Physicians if not the same taste in music.

*"Well, you can tell by the way he pounds your chest, he's an E.R. man, and his tempo's best". (This last bit was copied from the New York Times – I won't take the blame for that)*



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



**ME:** "Do you smoke?"

**YOU:** "What's this got to with owt?"

Note - owt = anything in Yorkshire

Whether you do smoke or not the chances are you know the risks to your health and the effect on your bank balance that smoking has, you know this because you have been told about it. Being told is not the same as being educated about the effects and even having been educated about the possible effects isn't as effective at making some people stop as if they have had first hand experience of a health scare to them or people they love. Next time we stand in front of you realize we are not just "telling" you to do something, we are trying to explain and show why we want you to do that thing (or not in the case of twisting/ over reaching etc...)

Smoking and poor lifting habits have a few things in common:

1. They are habits and they can be hard to break
2. The effects can take many years to materialise even though each time you have a cigarette or handle with poor technique slight unseen damage can be accumulating
3. Telling someone to change has minimal effect
4. Educating someone as to why they may need to change gives them the ability to decide if they want to
5. The end choice in whether to give up the bad habits is down to that individual
6. That individual will live with the consequences of their decision (good or bad)
7. People who are suffering with a bad back lift with excellent technique; it stops them hurting – people under treatment for smoking related illness often stop smoking.
8. Both the above sometimes lapse back to bad habits – your choice

## £20.00 COMPETITION

What was the title of the 1977 movie that the Bee Gees song mentioned left is from?

e-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday 8<sup>th</sup> April and one winner will get £20.00 in Marks and Spencer vouchers.

Winner of January £20.00 competition was Andrew Campbell of Nestle UK, answer: ALIGNMENT.