



# Newsletter

July 2011

## TEACHER STATS – WHAT IT SHOWS US ALL

### Teach basic life support?

The British Heart Foundation questioned 2,000 parents, 1,000 children and 500 teachers showing that 73% of school children want to learn how to resuscitate someone and give first aid and over 75% of teachers and parents wanted it to be taught in schools.

A spokesman from the Department of Education said there was nothing stopping schools teaching these life-saving skills already. "It's down to heads to set a curriculum which best meets the needs of their pupils.

The debate (again) throws up the point that first aid can be a life saver, not just in the workplace but at home with family and friends as well, where we spend a lot of our time – the techniques don't stop working when we finish work.

If you see a chance to get on a First Aid course (preferably one of ours!) go for it, you have nothing to lose and, possibly, more to gain than you ever imagined.

Get Set Training – HSE reg 19/ 08



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

The surprising extent of back problems suffered by primary school teachers was revealed earlier this year in a survey by the education union Voice.

It discovered that 88% experienced back pain, most at least once a week while working at school, and 70% had sought medical treatment.

They said their back problems were caused by bending over low tables (91%), sitting on children's chairs (85%), and kneeling at low tables or on the floor (71%).

Other causes were working at child-height computers, and bending over laptops in class. Many of those who took part in the survey said they could no longer sit on the floor, worked part-time rather than full-time, moved to work with older children, or were forced to take ill-health retirement.

What can we (non teachers) also gain from the above?

1. **Many of us have/ have had/ want to have children –handling isn't just done in the workplace; extend this to shopping/ gardening/ filling a dish washer etc...**
2. **The many perceived causes all result in putting our bodies (primarily spine/ back) out of its natural shape.**
3. **The problems were brought about by the cumulative effect of putting undue stress on the spine over a period of time and not just by one traumatic accident.**

Change to good habits in every aspect of handling (not just work life) and you will dramatically reduce the chance of back pain.

**Sermon over (for this month)**

## £20.00 COMPETITION

Countdown conundrum:

Keep the "A LA RUNT" curve in your spine when handling loads to help prevent back pain.

Rearrange "a la runt" into one word so the sentence gives good advice

e-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday August 5<sup>th</sup> and one winner will get £20.00 in Marks and Spencer vouchers.

Still waiting to hear from the 2 winners of the Caption Competition to see if I can publish their names.