



Newsletter

November 2011

5 steps to risk assessment

Step 1

Identify the hazards

Step 2

Decide who might be harmed and how

Step 3

Evaluate the risks and decide on precautions

Step 4

Record your findings and implement them

Step 5

Review your assessment and update if necessary

Question

What have risk assessment to do with me?

Answer

A lot! Risk assessments are about making your working environment and tasks as safe as possible for you and everyone around you. They should not be something done by managers and put in a drawer. Everyone needs to be aware they are everyone's responsibility.

In manual handling you will do a simple risk assessment every time you pick up an object; how heavy is it/ how awkward is it/ are there nails sticking out/ is the liquid toxic/ how far must I carry it/ will it damage me! etc.

In first aid you should do a risk assessment before approaching any casualty; is it safe to approach!

Don't be scared of risk assessments, they are there to help you.

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

CHAIN OF SURVIVAL

The current survival rate of Sudden Cardiac Arrest (the heart "stopping beating" or more accurately goes into a chaotic rhythm) outside of hospital is 6%! These rates are remarkably improved if an artificial external defibrillator (AED) is used as soon as possible. Don't wait until an AED is needed; ask for one with every emergency message.

In Las Vegas, a study was carried out on the effectiveness of AEDs in casinos. Staff were trained in CPR and use of AEDs.

- During the study 148 victims suffered cardiac arrest
- 105 were found by the AEDs to have VF (ventricular fibrillation – the heart rhythm an AED can help)
- Of the 105 victims who had VF 56 survived (that's 53% of the victims who had VF and 38% overall)
- Of those who had VF and received the shock within 3 minutes, 74% survived to discharge from hospital!

What does this mean for us that do not have an AED on site?

1. Early recognition and a call to get the ambulance is paramount
2. Early good quality CPR (get on a course and keep on top of your skills)
3. Early use of the AED
4. Early advanced medical care

The above 4 point action plan is the "Chain of Survival". Time is paramount.



For more information visit <http://www.resus.org.uk> Get Set Training are HSE registered to deliver all First Aid at Work related courses (HSE 19/ 08)

£20.00 COMPETITION

A simple multi choice question this month –

- Sudden Cardiac Arrest strikes without warning taking the lives of
- a) 50 people a day in the UK
 - b) 150 people a day in the UK
 - c) 250 people a day in the UK

Entries by e-mail to mail@getsettraining.co.uk by Friday 2nd December.
Winner of the September competition (correct answer – "Ambulance") was Vicki Bowden of Home Retail Group PLC and gets the £20.00 Marks and Spencer voucher.