



# Newsletter

January 2012

## New Years Resolution - why exercise is good for your back:

I've copied the text below from a newsletter from over a year ago, but as we go into 2012 you may have told yourself you'll exercise more this year? Usually it's to look better or lose weight, they are good enough reasons but you'll also benefit in more ways than I could fit on here.

From November 2010

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 for another year.**

**Have a good 2012.**

## Identifying if a First Aid Training Provider is HSE Approved



The Health and Safety Executive has found it necessary to publish the following on their December First Aid at Work bulletin, presumably because of confusion caused by “third party” delivery.

*“When checking if a First Aid at Work training provider is approved by HSE but the company is not listed on the HSE website. Then they may be working as a third party of an existing HSE approved provider. In these situations ask for the name of the approved provider they are working on behalf of and the HSE approval number certificates are issued in the name of. You will also need to verify with the approved training provider that this company can deliver training on their behalf. If this information cannot be provided then the company is not able to deliver workplace first aid training that has been approved by HSE.”*

**The easiest way to ensure you are using an approved company is to go to the approved company direct – Get Set Training is Health and Safety Executive approved (HSE approval number 19/ 08).**

## £20.00 COMPETITION

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***Rearrange the strange sounding children's book into 2 words that the National Health Service believes will be much lower in 2012 due to events such as the Olympic Games and the Diamond Jubilee.***

e-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday 3<sup>rd</sup> February and one winner will get £20.00 in Marks and Spencer voucher.

**Winner of November £20.00 competition was Nige Somers of Homebase Bournemouth – correct answer c) 250 people per day suffer from Sudden Cardiac Arrest in the UK.**