



# Newsletter

May 2012

## First Aid Kits

Job for the month – check your first aid kit(s)

1. Do you know where they are?
2. Are they signed appropriately?
3. Are they fully stocked in line with your place of areas' requirements? Hopefully you have a system in place to let you know on first glance that your kit is fully stocked; maybe high visibility easy breaks tie on the handle etc...
4. **Can you put your hands on the gloves and Resuscitation Face Shield?**

I think the majority will be able to answer the first three points quickly, the later not so?

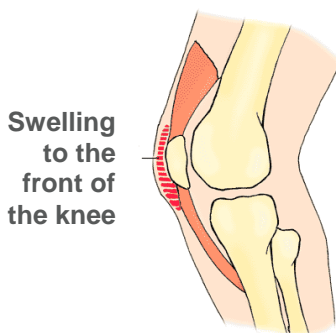
It may be good practice to arrange your kit so the first things you see on opening the lid are the gloves and face shield; your main protection against cross contamination from your casualty to you and vice versa – a small step to help ensure, in the event of having to use them, you set yourself on the right path immediately without the panic of not been able to find them.

## HOUSEMAIDS KNEE – PREPATELLAR BURSITIS

Manual handling is not just about your back, if we are lifting/ lowering/ pulling/ pushing or even just “handling” all our body is being used even if just in a static or stationary position. This means any and every body part can be susceptible to pain or injury.

“Housemaid’s Knee” is so called from women, who had to kneel down whilst scrubbing floors putting repeated pressure on the front of the knee, statistically these days more men are affected, carpet fitters and gardeners can be particularly susceptible.

A Bursa is a small fluid filled sac found throughout the body (each knee has 11) they act as cushions to reduce friction between moving parts of joints. These sacs can become irritated and inflamed as a result of overuse (continual or repeated kneeling) or a one off direct trauma - putting one knee onto the floor to pick up an object; seen it happen? !



The most common symptom of Housemaids’ Knee is swelling at the front of the knee – a bit like a small squashy orange. You may feel pain in the area particularly when you touch the knee or try and kneel down.

Consult your doctor or occupational health practitioner but take heart...

Generally this will settle down within a few weeks with some very easy treatment. Avoid it by not kneeling on hard surfaces whilst initiating lifting a load – adopt our techniques, or if unavoidable (carpet fitters etc...) use some sort of cushioning such as gel knee pads to help reduce the pressure.

GET IT RIGHT WHEN YOU CAN

## £20.00 COMPETITION

Simply name the Bolton Wanderers footballer who suffered and survived a Cardiac Arrest playing against Tottenham in March (don’t worry about the correct spelling)

e-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday 1<sup>st</sup> June and one winner will get £20.00 in Marks and Spencer vouchers.

Winner of March £20.00 competition has not yet responded to my request for where to send the voucher or if I can tell people they have won (please get in touch).