



Newsletter

July 2012

FIRST AID – Sun burn

Prevention of any problem is always better than trying to cure the consequences, whether in manual handling, first aid or paying too much for a vacuum cleaner because you didn't research it enough (guess what I did at the weekend). You might not need this information this summer!

S.M.A.R.T. advice from CANCER RESEARCH UK

Spend time in the shade between 11am and 3pm; the sun is at its most damaging then.

Make sure you never burn

Aim to cover up with a T shirt, hat and glasses

Remember the kids – take extra care with them

Then use factor 15+ sun creams at all times

TREATMENT - because we don't always take notice, radiation burns, most commonly seen as sun burn, do occur. The treatment for which would be:

- Remove the casualty from exposure to the sun and cool the area with cold water for 10 minutes.
- If there is extensive blistering, or you are not sure – **seek medical advice.**
- Give the casualty frequent sips of water to ensure heat exhaustion does not occur.
- If sun burn is mild, after-sun or calamine lotion may soothe the area.

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

POSTURE

Widely reported on national news this week were the findings of a report by the Chartered Society of Physiotherapy that concluded "people are risking their health by working on their Smartphone, tablets and laptops after they have left the office, according to the Chartered Society of Physiotherapy." They also pointed out that poor posture in these environments could lead to back and neck pain.

The chairwoman of the Chartered Society of Physiotherapy, Dr Helena Johnson, said the findings were of "huge concern".

She said: "While doing a bit of extra work at home may seem like a good short-term fix, if it becomes a regular part of your evening routine then it can lead to problems such as back and neck pain, as well as stress-related illness.

This report concentrated on poor posture from using electronic devices outside work and, as you'll know from our courses, we stress that you lift/pull/push/lower/handle items away from work as well. So don't just take on board the idea of correct posture whenever possible, take on board the message of good manual handling habits; wherever you may be.



Get it right –
no matter
where you
are or what
you are
handling.



£20.00 M&S Voucher competition

Anaphylaxis is an extremely dangerous GLLACIER CREATION.

Rearrange the letters in CAPITALS to properly describe anaphylaxis and e-mail your answer to mail@getsettraining.co.uk by Friday 3rd August. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.