



Newsletter

January 2013

Blood stock on 2nd January 2013

Group	Days Stock
O pos	9.06
O neg	3.20
A pos	9.28
A neg	6.98
B pos	8.57
B neg	4.80
AB pos	10.33
AB neg	5.75

Most people can give blood. If you are generally in good health, age 17 to 65 (if it's your first time) and weigh at least 50kg (7st 12lb) you can donate. However, If you are female, aged under 20 years old and weigh under 65kg (10st 3lb) and are under 168cm (5' 6") in height, we need to estimate your blood volume before donating. There is no medical reason for an upper weight limit. However, our current donation beds and chairs are designed to safely accommodate a person weighing up to 25 stone (350 lb or 158 kg). You will need to be able to get on and off the donation bed or chair unaided or, if you have mobility problems, to bring someone along to assist you.

Donor helpline on 0300 123 23 23.

Above taken direct from www.blood.co.uk (official NHS blood donor web site). Looking for a New Year resolution to help others rather than yourself? Why not give blood – it's easier than you think.



New Year Resolutions.

What's your New Year resolution?

They get broken so often because we regularly choose to change something that is perceived as a bad habit or we think should become a good habit; quit smoking/ eat healthier/ do more exercise - these are quite easily quantified in terms of physically being able to see or feel the benefits and you know if you are keeping to these changes or not.

I'm not going to ask you to make good manual handling practice a New Years resolution – even I'm not that sad to think you'd keep reading if I put that to paper. The point is that a desire to stop smoking/ eat healthier/ do more exercise, first has to be an acknowledgement of why such changes will benefit you.

You won't see the benefit after a first session in the gym or after the first banana instead of a pasty, you will gain something in the longer run.

Change your poor manual handling practice and you won't gain anything – you'll avoid getting a manual handling injury (at least lower the chance to a minimum)

All Habits are hard to break – you've got to know why you want to break them, how you can do it and be strong enough to do it alone or have the support to help you.

HAPPY NEW YEAR!

£20.00 COMPETITION

b good live!

Rearrange the letters above to come up with a New Year resolution that is easier to keep to than most.

e-mail your answer to mail@getsettraining.co.uk by Friday 8th February and one winner will get £20.00 in Marks and Spencer voucher.

Winner of November £20.00 competition was Colin Wharton of Vantec Europe – correct answer Burst Blisters (never do it when dealing with a burn)