



# Newsletter

March 2013

## Changes to Health and Safety (First Aid) Regulations 1981

I have spoken with many of you in regards to the "deregulation" of First Aid by the Health and Safety Executive that was due to take place on 6<sup>th</sup> April this year.

This date has been changed and "subject to Parliamentary approval, the changes will now come into force on 1<sup>st</sup> October 2013" and is due to "the cross-cutting nature of the proposed changes the HSE board have requested further time to consider the proposals in light of consultation responses received".

In short – HSE approval for First Aid at Work will continue as it always has for the time being and there is no need to be pushed into any other "qualification" by sales people trying to scare you down one route or another.

I will continue to keep you posted with impartial notice during the coming months and reiterate that we will continue to deliver First Aid related courses to you that ensure that your first aiders are confident and competent to administer help whenever required – which ever route is decided to be followed after speaking with you and taking guidance from the HSE.

All certificates issued by any HSE approved training organization are and will be valid for the full 3 years after issue even if this is beyond the proposed October change.

Any concerns or questions regarding this please don't hesitate to give me a call.

**We're on the Web!**  
[www.getsettraining.co.uk](http://www.getsettraining.co.uk)

## WHAT CAUSED MY BAD BACK?????

Research has come up with some surprising causes for back pain;

1. **Long periods of cell phone use** – causes people to arc their necks in an unnatural alignment, this can lead to back pain.
2. **Long periods sat driving (tell me about it)** – just as with any inactivity, you may not only be spending prolonged periods sitting at the wheel but you are in a position that means your arms and legs can not move any significant amount.
3. **SMOKING** - more and more studies are finding links between smoking and lower back pain, smoking reduces the flow of oxygen to working muscles, weakening the back and making you more susceptible to back injury (+ many more factors, but smokers get bombarded enough, I'll leave this one there)
4. **Carrying a wallet in your back pocket!** Sounds like a joke but it's not the weight but the effect on some people of it putting pressure on your sciatic nerve (longest widest nerve in the human body, starts in the lower back and ends in the foot)

**Conclusion** – Don't smoke whilst calling your mate on the phone without the hands free kit driving from London to Glasgow and give your wallet to your wife (or ladies tell your other half you are holding onto his wallet because you care about his well being!)



Slouched in your car seat?

Think what's happening inside.

I say it time after time – but it's not just what you do in work.

## £20.00 COMPETITION

EVES IN ARCTIC

Rearrange Adams wives' strange location into the longest nerve in the human body  
(told you they aren't hard)

e-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday April 5<sup>th</sup> to be in the draw for the £20.00 Marks and Spencer voucher.