



Newsletter

July 2013

IS YOUR FIRST AID KIT READY TO USE?

So you're the First Aider on duty and you get called to deal with an incident, you need the first aid kit and you're heading right past it on your way to the casualty so you pick it up in seconds.

You're met at the incident with bleeding casualty and you deal with steps of ensuring it's safe to approach and you know their level of response – they are calm and talking but bleeding a lot you start following the SEEP treatment for the bleed whilst opening your box to find NOT VERY MUCH.

Yes we know it should be refilled after every use, we know it should be signed for every so often (your policy dictates intervals) confirming it's fully stocked but I know from your stories this doesn't always mean it's ready for you when you need it.

A simple physical change may help you carry out informal checks as to the state of your kit whenever you are passing and before you actually open it on scene.

Check with the correct people in your company if it would be possible to place an easily breakable plastic tie seal around the handle to help; if the seal is missing or broken chances are the kit has been opened and something is missing. Some people have told me they simply put a perforated sticker down the seam of the kit signed across it to aid extra quick visual checks - this seems to do the same job and helps ensure you aren't let down by your First Aid Kit when you most need it.

Formal checks must continue when you should be looking not just for content but also the age and condition of them.

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

LESSER OF 2 EVILS

We encourage you during our manual handling training sessions to "cradle" the item you are carrying in two hands. This is the best way to distribute the weight evenly, using all the available muscles and keep the load close. Obviously if the load is light it can be carried in one hand once it's being lifted correctly and the definition of "light" differs from one person to the next. If the load is "heavy" (note above) or you have to take it a long way you should be looking to transport it using mechanical aids.

However, there are situations when you **MUST** not hold the load in two hands, no matter how heavy or big or awkward that load is – this may mean you compromise the best posture for keeping the pressure off your body but...

...if you are going up or down steps/ stairs/ ladders etc... you **MUST** have one hand free – 3 points of contact, because if you were to slip/ trip/ fall when on these **YOU** could be the damaged goods straight away.

If it means you feel you can not handle that load safely by keeping one hand free then find another way of completing that task.



The lesser of two evils.

Keep one hand free of the load when using steps/ stairs/ ladders etc...

£20.00 M&S Voucher competition

HEN DONE FEAR (Well done to the hen!)

Rearrange the letters in **WHITE** to help you keep safe on stairs.

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.