



Newsletter

September 2013

BACK TO FIRST AID BASICS; THE “3 Ps”

As first aiders we must remember we are not trained medical personnel. We are trying to do one or all of the 3 Ps' until the professionals arrive – **the aims of first aid are to**

Preserve life – not just the casualties but your own. The first thing to do when deciding your actions is to assess for danger; if you are putting yourself in danger you are helping no one, the professionals arriving may have the original casualty AND YOU.

Prevent the condition worsening – a skilled first aider will try not to just prevent the casualties condition from worsening but also that of the whole situation; removing danger such as traffic or fumes.

Promote recovery – your actions should, after ensuring the above 2 points, help the casualty recover from the illness/ injury e.g. putting a plaster on a child's cut after examining and cleaning with a little TLC.

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

IF I WAS A BRIGHTER MAN...

We have had the opportunity to carry out a lot of work of late with office staff and a main point to overcome is the misplaced idea that because a “support” role as opposed to a manufacturing one involves minimal manual handling that we will not encounter “manual handling” type injuries.

HSE statistics cover EVERYTHING! One is the “Industries with the highest rates of handling injuries to employees 2011/ 12 (RIDDOR)” with handling injury rates per 100,000 employed. Without reproducing the tables (can be found at <http://www.hse.gov.uk/statistics/causinj/handling-injuries.pdf>) Water and Waste come in at 451, Manufacturing at 195 and Admin and Support at 106. Yes, it is a lower figure; but as low as you thought?

There could be a number of reasons for this and this list isn't exhaustive;

- Physical inactivity – “if you don't use your muscles you lose them”, then when you do call on them to do work they let you down?
- Static muscle work – holding your shoulders high in one position at your computer because you have your chair set too low? (the hardest muscle work your body can do)
- Unnatural alignment (or curve) of your spine – placing undue pressure on it because you aren't taking notice of your display screen equipment assessment?
- Your manual handling habits don't stop when you leave work – if they are bad in work they'll be bad when you pick up your shopping/ lawn mower/ washing basket/ sports bag up as well.

If I was a brighter man I'd come up with a better title for this training than “Manual Handling” or “Safer Lifting”, but you know I'm not!

Minimising the risk of manual handling type injuries is simply about minimising pressure on your body whenever possible (and this isn't always possible – ask an engineer), but get it right when you can.



£20.00 M&S Voucher competition

Try to keep a rural cave nut of the spine – whatever you are doing. Rearrange the letters in WHITE to help you reduce pressure on your spine whenever possible.

e-mail your answer to mail@getsettraining.co.uk by Friday 6th September. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.

Correct answer to the July competition was “one hand free”. Winner was Bill Parkin of Cooper Lighting and Security.