



Newsletter

November 2013

Treating a minor burn

With Bonfire night around the corner; or Christmas if you're reading this late with all the extra cooking and fireworks' around New Years Eve, I thought treatment of minor burns might be given a quick revisit.

- 1. Cool the burn –**
 - immediately with cold (preferably running) water for at least 10 minutes until the pain is relieved.
 - If water not available use any cold harmless liquid.
- 2. Remove jewellery and loose clothing –**
 - the area is likely to swell, remove rings/ watches etc... if at all possible.
 - Carefully remove loose clothing but leave in place if stuck to the affected area.
- 3. Dress the burn**
 - Use a sterile dressing – lay cling film over the burn if possible (discard the first 2 turns and apply lengthways, if wrapped around and the area swells we create more problems).
 - Alternative dressings may be used (a clean unused plastic bag etc...).

If in any doubt about the severity of the burn/ scald SEEK MEDICAL ADVICE.

There are many types of burns – scalds/ sunburn/ chemical burns/ electrical and dry heat burns, all need to be dealt with slightly differently (always remembering your own safety first). Get yourself on a first aid course to have the chance of helping family, friends or work colleagues should the need ever arise and remember...

NEVER –

- Burst blisters
- Touch the burn
- Apply lotions, fats, adhesive tapes or dressings
- Remove clothing that has stuck to the burn

IN THE GARDEN AND AT WORK

Extracts taken from BBC web site in grey

(http://www.bbc.co.uk/gardening/basics/techniques/safety_problems_backcare.shtml)

Use our simple steps to make the most of your garden.

Garden layout - Avoid leaving bare patches of soil. They encourage weeds to grow, mulch the surface of the soil using chipped bark or well-rotted manure. This helps to retain the soils moisture, saving on watering. Reduce the need to bend down by raising flowerbeds from the ground. Grow trailing plants over the side to hide or soften their edges.

****In work this means – look at your work area and think if there are possible ways to adjust it to take pressure off your body; make your work area work for you.**

Keep flowerbeds narrow so you don't have to stretch over plants.

****In work this means – keep your “weight arm” down to a minimum; the distance between your pivot point and the load (remember your training)**

Tools - Use tools with long handles, such as forks and trowels. Some tools have extensions or telescopic arms which reduce your need to stretch

Use pruners and loppers that have a ratchet system. This makes cutting easier and saves putting pressure on the back and shoulders. Keep the blades sharp to avoid extra strain.

Put secateurs in a holster attached to your belt. This saves having to constantly bend down to pick them up.

Use hoses on reels or an automated irrigation system in your garden. Don't use heavy watering cans. If you do have one, only fill it halfway.

****In work this means - use fit for purpose mechanical aids to keep your handling down to a minimum**



The principles are the same whether you're working in your garden or in work – manual handling isn't just about your posture, although good body position is vital, it's also about your environment/ surroundings/ tools/ mechanical aids; all contributing towards keeping as much pressure off your body as possible.



**** = always ensure you involve other work colleagues/ line managers/ health and safety department etc... Don't just change things without consultation; what works for you might not suit everyone.**

£20.00 COMPETITION

Keep your GRIM WHEAT down to a minimum.

Rearrange the letters in capitals to make 2 words to make sense of the statement.

e-mail your answer to mail@getsettraining.co.uk by Friday November 29th and one winner will get £20.00 in Marks and Spencer vouchers in time for Christmas.

Winner of September £20.00 competition was Stephen Tozer-Loft from NHS Sheffield – correct answer; Try to keep a “NATURAL CURVE” of spine whatever you are doing.