



Newsletter

September 2014

FIRST AID

Job for the month – check your first aid kit(s)

1. Do you know where they are?
2. Are they signed appropriately?
3. Are they fully stocked in line with your work place or areas' requirements? Hopefully you have a system in place to let you know on first glance that your kit is fully stocked and the stock is in date? Maybe a high visibility easy break tie on the handle would help?
4. **Can you put your hands on the gloves and Resuscitation Face Shield?**

I think the majority will be able to answer the first three points quickly; but point 4?

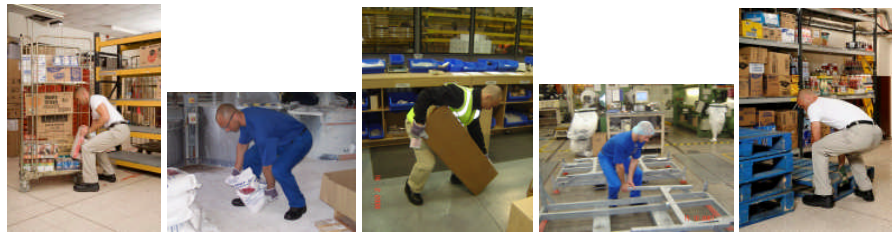
It may be good practice to arrange your kit so the first things you see on opening the lid are the gloves and face shield; your main protection against cross contamination from your casualty to you and vice versa – a small step to help ensure, in the event of having to use them, you set yourself on the right path immediately without the panic of not been able to find them.

There are personal kits that fit on a belt that can be picked up for a couple of pounds so you know you can minimize any risk of cross contamination without delaying treatment.

BACK TO BASICS – THE GET SET POSITION

If you have sat in on one of our manual handling training sessions you will realize we are not rocket scientists. To prove a point – where do you think “Get Set Training Ltd” came from?

We speak about changing habits to ensure the training is effective and how this may slow you down to start with – having to think about your handling technique, however, if you can make the Get Set position a habit you will find that with less effort the rest of the task will flow.



No matter what the task, from moving sacks to assembling racking, moving awkward loads to boxes from awkward places the basic principles apply.

Get one foot forward; initiate the movement with the load within the base, keep a natural alignment of the spine, slightly bend the knees, keep the feet knees hips and shoulders in the direction of the movement, keep control of the load, and **only handle what you can safely manage – never maximize effort.**

£20.00 M&S Voucher competition

Only 11 of the 12 words listed below appear in the word search. Find the word not included in the word search and e-mail your answer to mail@getsettraining.co.uk by Friday 3rd October. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.

R	I	S	K	S	R	E	H	T	O	T
M	A	C	T	O	O	L	I	S	W	A
T	S	S	N	C	S	O	K	P	N	W
S	S	P	S	R	E	A	E	R	S	A
I	E	I	N	E	S	D	T	E	A	C
W	D	K	I	P	S	T	O	C	F	C
T	H	E	R	S	A	S	A	A	E	I
T	L	U	K	C	P	Z	M	U	T	D
N	O	F	E	I	Z	O	A	E	Y	E
O	A	R	N	A	Z	I	P	S	N	N
D	P	E	D	R	A	Z	Z	A	H	T

RISK
ASSESSMENT
MAC TOOL
HAZZARD
SPINE
DISC
PRECAUTION
ACCIDENT
DONT TWIST
LOAD
OWN SAFETY
OTHERS

Winner of the July competition was Pete Silburn of ARCO HD&F correct answer – Transient (as in the T of TIA or mini stroke)