



Newsletter

November 2014

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 outing.

- 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

NEVER MAXIMISE EFFORT



We continually preach about paying as much attention to light objects as you do the heavy ones; pointing out the cumulative effects of doing something slightly wrong time after time, but lets look at the heavy or immovable object... There's a time and a place for you to expend **MAXIMUM PHYSICAL EFFORT**. A good example may be dead lifting your personal best in a power lifting competition; one all out lift for one repetition giving it your all. Now I'm guessing not many of you have entered a power lifting competition nor have any desire to do so?

I will not criticise anyone putting 100% into their work, I applaud that and guess that is what most hard working people do, but this is not the "maximum" effort I'm eluding to here.

I'm talking about the load we are trying to move in our work place – the pallet that has come off the conveyer belt slightly and has caught on the rails, or the heavier than normal stack of goods that we need to pull up a slight incline. They just won't move but we think if we give it just that little bit more effort we will free it/ we will get to the top. I commend your attitude; the problem being that our bodies do not give us a warning that the weight is just that little bit too much for us or that the effort we are putting in is just beyond what it can take.

It tells us when we've gone past that point. It tells us by giving us pain. Pain from the injury we've just suffered.

I'm not saying don't put 100% into your job! Putting 100% into your job means thinking smart, working to your full potential, working safe.

Before you've reached anywhere near maximum physical effort, stop and think how you can complete the job safely; get help, use a mechanical aid, lighten the load and do it in 2 (or more) trips, but in your work environment in this context **NEVER MAXIMISE EFFORT**.

£20.00 COMPETITION

EMO CLOVER THING – this should NOT be done if they've stuck to a burn.

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

e-mail your answer to mail@getsettraining.co.uk by Friday November 28th and one winner will get £20.00 in Marks and Spencer vouchers in time for Christmas.

Winner of July £20.00 competition was Davey Paul of Komatsu UK – missing word was **PRECAUTION**