



# Newsletter January 2015

## Giving blood

### A New Years resolution that's easy to stick to.

96% of us rely on the other 4% to give blood.



I waited until I was over 30 before I first gave blood – it was something that my mum had always done but it never entered my mind to do it.

Most people can give blood, although everyone, every time, they donate will complete a simple screening questionnaire and a tiny drop of blood is taken from your fingertip to allow the nurses to check your haemoglobin levels and ensure that giving blood won't make you anaemic.

If all is well, you will be able to donate blood. You will give about 470ml of blood - this amount of blood is quickly replaced by your body.

A quick cuppa and a biscuit and you leave the session – easy.

To find out more please visit <http://www.blood.co.uk>

We're on the Web.  
[www.getsettraining.co.uk](http://www.getsettraining.co.uk)

## STORAGE

Our first newsletter went out in May 2008, one subject was “House keeping – storing heavy loads at waist height” and I revisit this from time to time.

One important thing to remember is that “heavy” is not a set weight, it is different for everyone and you should always **ONLY HANDLE WHAT YOU CAN SAFELY MANAGE**. However, what we also need to take on board is that we can sometimes affect our environment to make the handling task safer from the outset.

Take a look at your work area. Do you have multi height shelving with items stored on them? Are the heaviest items stored at ground level, or worse, on the highest shelf? The floor itself maybe the best place for objects too heavy to move without mechanical aids.

Reaching up or bending low increases both risk and pressure placed on the body, why increase this risk by storing inappropriately sized or weighted objects in these areas?

Does it make more sense to have the heaviest items you may manually handle at waist height, keeping your work to a minimum and lowering risk of injury?

Look at your work area, speak with your health and safety team and work mates and see if a little housekeeping can improve your manual handling practice.

Working on improving your environment may take a little time to organize but maintaining a good manual handling body position will keep you as injury free as possible NOW.



Shown left - A dumbbell rack with the weights stored correctly (heavier at waist height). You have no idea how long it took to find this done right! The concept may not seem relevant in a gym when the weights are then simply handled repeatedly – but keeping injury free should always be a priority.

### Countdown conundrum:

A natural **LAMENTING** of the spine should be maintained when carrying out manual handling tasks.

Rearrange the **bold** word to make sense of the statement.

E-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by February 6<sup>th</sup> and one winner will receive £20.00 in Marks and Spencer vouchers.

Winner of November £20.00 competition was Mandy Studholme of Innovia Films. Correct answer – don't “**REMOVE CLOTHING**” if they are stuck to a burn.