



Work Around the Pallet

The Newsletter from May 2014 was about handling from a pallet you could not access from all sides. In particular whether to “Pyramid Pick” or pick “Layer by Layer”.



LAYER BY LAYER (above)

Goods removed from one complete layer before moving down to the next.

PYRAMID (below)

Goods are offloaded from front edge first working down creating a “stepped” pile.



You can see that each has their limitations and problems. Pyramid because eventually the easiest boxes to handle have all gone leaving the ones that force you into lifting with a weight arm at the back of the pallet.

Your other option would be to get close to the load you are going to move by standing on the pallet – with it's possible unwanted consequences.

The newsletter of May 2014 goes into some possible solutions to consider ie. If pyramid picking is the only way because of lack of space around the pallet then pick from front before turning the pallet through 180 degrees to keep the goods accessible and close (bare in mind the possible unstable load you may have created by pyramid picking) or if layer by layer method used and the last row(s) on the layer are too far away to reach see if a “grab tool” or fit for purpose hook can be used to help. What about seeing if you can create room around the pallet for you to be able to access all around the pallet?



Why are we revisiting this issue?

To remind you;

WHEN YOU HAVE ROOM AROUND THE PALLET WORK AROUND THE PALLET.

Competition!

“You should try do this to your friend, enemy and what you're handling: **IE PLEET SOCK**”

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

Email your answer to mail@getsettraining.co.uk by Friday June 5th and one winner will get £20.00 in Marks and Spencers vouchers.

Congratulations!

Well done to the winner of our March £20.00 competition.

The prize goes to **Mark McCauley of Kingspan** with his correct answer; **STABILITY!**

Treating A Nose Bleed

Nose bleeds most often occur as a result of a bang to the nose, picking or blowing it, but remember it may be as a result of high blood pressure or a fractured skull – if in doubt phone for an ambulance but treat as you find.

1. Sit the casualty down with their head tipped FORWARD – allows blood to come down the nose and out of the body instead of down the back of the throat.
2. Advise them to nip the SOFT part of the nose and hold a constant pressure for 10 minutes.
3. Tell them to breath through their mouth – nose breathing could, again, send blood down the back of the throat.
4. Give them a cloth to help mop up any blood that may come out of the nose.
5. If the bleeding persists for more than 30 minutes (or if they are on anti-coagulant drugs such as warfarin take or send them to hospital – do not lay them down.
6. Advise them not to pick or blow their nose for 24 hours and breath through their mouths for the next few hours to give the nose time to heal.
7. If they suffer frequent nose bleeds advise them to see their doctor.

