

# Get Set Training Ltd.

Bespoke Manual Handling & First Aid Training



[www.getsettraining.co.uk](http://www.getsettraining.co.uk)

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## 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](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) If you have to reach try make a base by putting your hand down.**

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 or handling 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.**

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## Competition! "Keep your GRIM WHEAT down to a minimum"

Rearrange the letters in capitals to make 2 words to make sense of the statement. (garden related as well – more luck than judgment?)

Email your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday August 7th 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 **Miriam Moore of Ideal Boilers** with the correct answer; **KEEP IT CLOSE!**

## IS YOUR FIRST AID KIT READY TO USE?

So you're the First Aider on duty and you get called to deal with an incident, you need the first aid kit and you're heading right past it on your way to the casualty so you pick it up in seconds.

You're met at the incident with bleeding casualty and you deal with steps of ensuring it's safe to approach and you know their level of response – they are calm and talking but bleeding a lot you start following the SEEP treatment for the bleed whilst opening your box to find NOT VERY MUCH.

Yes we know it should be refilled after every use, we know it should be signed for every so often (your policy dictates intervals) confirming it's fully stocked but I know from your stories this doesn't always mean it's ready for you when you need it.

A simple physical change may help you carry out informal checks as to the state of your kit whenever you are passing and before you actually open it on scene.

**Check with the correct people in your company** if it would be possible to place an easily breakable plastic tie seal around the handle to help; if the seal is missing or broken chances are the kit has been opened and something is missing. Some people have told me they simply put a perforated sticker down the seam of the kit signed across it to aid extra quick visual checks - this seems to do the same job and helps ensure you aren't let down by your First Aid Kit when you most need it. Formal checks must continue when you should be looking not just for content but also the age and condition of them.