

# Get Set Training Ltd.

Bespoke Manual Handling & First Aid Training



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

Tel: 0113 2534100

September 2015

## WHY MIGHT GOOD TECHNIQUE FAIL?

November 2014 the newsletter covered how there's a time and a place for you to expend maximum physical effort; maybe when pushing in a scrum at rugby or sprinting for the finish line in a race.

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 I want to revisit this subject again to stress the point further.

Now I'm guessing a few of you may play sports still and that maximum effort may be required from time to time. In the normal working environment this type of maximum effort should be avoided.

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.

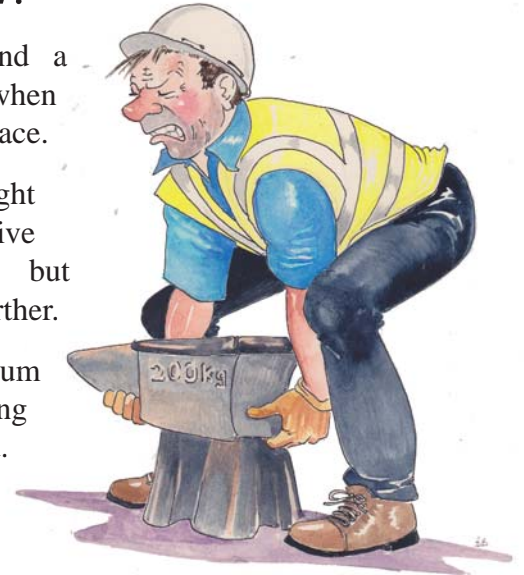
You can have the best technique in the world but if the object is too heavy or simply trapped or stuck and you haven't assessed this correctly or think "just a little more effort and this will move" your technique will fail - your body will give in before that inanimate object and you will get hurt.

So why do we push ourselves beyond the limit where we may get injured? Only you know. It may be you feel under pressure to get the job done? It may be you've seen others doing the same task which they made look easy - you think that if they can do it you can, after all you don't want to lose face do you?

Now we might be getting somewhere; 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 maximize effort.



---

---

## Competition!



**MINE FOREVER MIXES FAT (it's an age thing)**

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

Email your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk)

by Friday October 2nd and one winner will get

£20.00 in Marks and Spencers vouchers.

## Congratulations

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

**Richard Wilson  
of Vantec Europe**

Answer: "WEIGHT ARM"