



Chain of Survival

The current survival rate of Sudden Cardiac Arrest (the heart “stopping beating” or more accurately goes into a chaotic rhythm) outside of hospital is 6%! These rates are remarkably improved if an artificial external defibrillator (AED) is used as soon as possible. Don't wait until an AED is needed; ask for one with every emergency message.

In Las Vegas, a study was carried out on the effectiveness of AEDs in casinos. Staff were trained in CPR and use of AEDs.

- During the study **148** victims suffered cardiac arrest
- **105** were found by the AEDs to have VF (ventricular fibrillation – the heart rhythm an AED can help)
- Of the 105 victims who had VF **56 survived** (that's 53% of the victims who had VF and 38% overall)
- Of those who had VF and received the shock within 3 minutes, **74% survived** to discharge from hospital!

What does this mean for us that do not have an AED on site?

1. Early recognition and a call to get the ambulance is paramount
2. Early good quality CPR (get on a course and keep on top of your skills)
3. Early use of the AED
4. Early advanced medical care

The above 4 point action plan is the “Chain of Survival”.

Time is paramount.

Chain of survival



Why Exercise is Good For Your Back

We always go on about how the hardest thing to do is change the manual handling habits we have got into over the years, and everyone keeps telling us why exercise is good for us. We have been preached at so we try to let you weigh up the reasons why we advise certain things – so here's a few more pointers to help you make up your minds and avoid a bad back.

- Fitness postpones fatigue, helping you avoid tired habits like not lifting correctly.
- When the muscles of your midsection (stomach and back) are toned, they work together to improve posture and support the whole area like a weight lifters belt or corset.
- Fit muscles have more power in reserve, giving greater control and a smoother motion during moving and handling.
- Exercise makes bones denser and stronger proven to help prevent and offset the effects of osteoporosis.
- With stretching, exercise increases flexibility so helping you use good postures for moving and handling.
- Exercise helps you lose weight and helps you stop smoking! Both are bad for backs.
- Exercise improves blood circulation, and so aids the recovery processes after hard work fatiguing muscles in your back.

And the coverall – always consult your doctor and/ or a fitness professional before starting a fitness programme.

Sermon over!

It's all exercise no matter where you do it.



Competition: REIGNITE RACCOON L.Y.

Rearrange the letters in CAPITALS to give one of the links in the Chain of Survival (don't try setting fire to a raccoon at home, L.Y. is a trained professional)

Entries by email to mail@getsettraining.co.uk by Friday 4th December and one winner will get £20.00 in Marks and Spencers vouchers.



Congratulations!

Winner of September's £20.00 prize was Bob Varty of Innovia Films Ltd.

Correct Answer: 'NEVER MAXIMISE EFFORT'