

Get Set Training Ltd.

Bespoke Manual Handling & First Aid Training



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Repeating Myself



My daughter is the brains of the outfit when it comes to formatting our newsletters. Last November she rang me after I'd sent the draft to her – telling me one of the little articles had been on only 10 months before. A couple of points to note:

- Don't you just love it when your kids tell you what you're doing wrong?
- I regularly look back at past newsletters to see what I might want to repeat.

No matter which manual handling instructor you've had we all come from the same background in Physical Education and what you are taught very early on is that any skill you are developing either for yourself or in others it's all about repetition OR practice. Now to the point;

“PRACTICE MAKES PERFECT”

- not necessarily -

“PRACTICE MAKES PERMANENT”

Do something wrong time after time it will become your habit, do something correct time after time that will become your habit. You can change poor practice – just repeat good practice enough times.



Agonal Breathing

American statistics show that in as many as 40% of applicable out-of-hospital cardiac arrest cases, bystanders do not receive instructions over the telephone to perform cardiopulmonary resuscitation (CPR) because the bystanders report that the patient is 'breathing' due to the presence of agonal respirations.

Agonal breathing can sound like gasping, snorting, gurgling, moaning or laboured breathing, usually at a rate of 1 deep gasp every 10-15 seconds. It is a sign of death – normal breathing is a sign of life. Whilst you may have witnessed one of our instructors (Fitzzy) scarily demonstrating agonal breaths you may wish to look on the internet for reenactments and actual incidents of this phenomenon to ensure you can spot the difference.

If "normal breathing" is not witnessed CPR should be performed. Frustratingly if a casualty is "agonal breathing" they do have a higher chance of survival – but only if CPR is started immediately.

Competition - Countdown Conundrum

HA BAN GOING ALTER (too late - 28 years married)

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

Email your answer to mail@getsettraining.co.uk

by February 5th and one winner will get £20.00 in Marks and Spencers vouchers.



Congratulations

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

**Sharon Southward
of Innovia Films Ltd**

Answer : A link in the chain of survival is

‘EARLY RECOGNITION’

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