

# Get Set Training Ltd.

Bespoke Manual Handling & First Aid Training



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

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## KNOWLEDGE IS THE FIRST STEP TO CHANGING HABITS



**ME:** "Does anyone in here smoke?"

**YOU:** "What's this got to with owt?"

*Note – "owt" means "anything" in Yorkshire*

Whether you do smoke or not the chances are you know the risks to your health that smoking can have, you know this because you have been told about it and it has, more likely than not, been backed up with statistics and facts.



Being told is not the same as being educated about the effects and even having been educated isn't as effective at making some people stop as if they have had first hand experience of a health scare to them or people they love, but it is a first step to helping them decide if they want to smoke or carry on smoking. We do not simply "tell" you what to do in the first part of our training, remember we also try to "explain" why the principles we advise are the right practices to try and adopt whenever possible and why we don't want certain practices to take place.

Smoking and poor manual handling techniques have a few things in common:

1. They are habits and they can be hard to break
2. The effects can take many years to materialise even though each time you have a cigarette or handle with poor technique slight unseen damage can be accumulating
3. Telling someone to change has minimal effect
4. Educating someone as to why they may need to change gives them the ability to decide if they want to
5. The end choice in whether to give up the bad habits is down to that individual
6. That individual will live with the consequences of their decision (good or bad)
7. People who are suffering with a bad back usually lift with excellent technique; it stops them hurting – people under treatment for smoking related illness often stop smoking.
8. You can sometimes slip back into bad habits.

One thing we try to get across is to try help you see that if you place more pressure on your body than you need to do it increases the chance of getting a manual handling related injury in the same way you know if you smoke you increase the chance of getting a smoking related illness. Now that's got to make sense?

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## Competition!



"SHOOTER IN PC QUE can increase the risk of injury"

Rearrange the letters in capitals to create 2 words to help make sense of the sentence.

Email your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday April 8th 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 **Derek Wilson of Komatsu UK** with his correct answer; **AGONAL!**

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