



## WEIGHT ARM

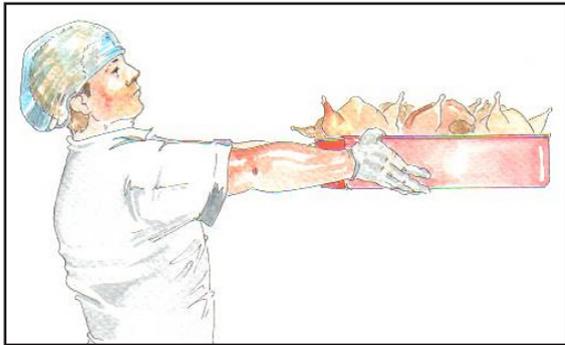


Fig. 1

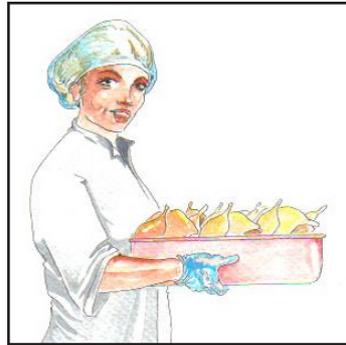


Fig. 2

Question 9 of 14 on the small end test on our training

“The weight arm is”

Correct answer “B”

“The distance between the load and the pivot”

Fig. 1 - the weight arm is the tray of chickens, the pivot point is the shoulder

Fig. 2 – keep the load close, keep the weight arm down, keep the pressure on the body down.

Manual handling is all about adopting simple principles whenever possible; once the penny drops they can be used on the vast majority of tasks.



We would never lift anything as in figure 1 would we?

The pallet and our body is the load, the pivot point is the lower back!

## Giving Blood

96% of us rely on the other 4% to give blood.



It's acknowledged that even the most basic first aid knowledge can help save lives – Vinnie Jones advert for hands only CPR with no formal training has been documented to do this, but there is something simpler we could all do to help save people.

I waited until I was over 30 before I first gave blood – it was something that my mum had always done but it never entered my mind to do it.

Most people can give blood; although every time anyone donates, you will complete a simple screening questionnaire and a tiny drop of blood is taken from your fingertip to allow the nurses to check your haemoglobin levels and ensure that giving blood won't make you anaemic.

If all is well, you will be able to donate blood. You will give about 470ml of blood - this amount of blood is quickly replaced by your body. A quick cuppa and a biscuit and you leave the session – easy.

To find out more please visit <http://www.blood.co.uk>

## Competition:

### ‘Don’t deal Boo’

Rearrange the bold letters to help saves lives.

E-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday 3rd June and one winner will receive £20.00 in Marks and Spencer vouchers.



Congratulations!

Winner of March £20.00 competition was:

**Rob Oliver of Nestle!**

Correct Answer: POOR TECHNIQUES