



HANDLING PALLETS



The newsletter of 2 months ago recapped on the “weight arm” and how we want to keep this to a minimum, followed by the poster last month of what **NOT** to do showing the weight arm used when handling pallets.

Our whole approach to Manual Handling (and all other courses we deliver) is not just to tell you to do something a certain way but to inform you **WHY** we think something is advisable to do it that way as well so you can understand the reasoning behind it, or why not to carry out manual handling using techniques you may have adopted for many years without causing injury (YET?)



SLIDE

That’s a long winded way of getting round to the main point of this newsletter, following on from the last 2 months a simple reminder of your training of how to handle pallets.



PIVOT



LOWER

Never forget, if you are not sure you can always use 2 people to handle a pallet.

£20 Competition

From 1st Jan 2017 additional training for 1st aiders on the correct use of **QUIET ON RUST** should be provided where your needs assessment has identified a requirement.

Rearrange the words in **BOLD CAPTIALS** to make sense of the sentence

E-mail your answer to mail@getsettraining.co.uk by Friday August 8th and one winner will get £20.00 in Marks and Spencer vouchers.

CONGRATULATIONS: Winner of May £20.00 competition was Catrina Davies of Nestle UK – correct answer; DONATE BLOOD.



HSE July 2016 First ebulletin

Employers and First Aid Kits

The recent European Resuscitation Council review of a number of first aid protocols suggests there is a need in certain circumstances for first aid kits to contain haemostatic dressings and tourniquets. The view of HSE is that the inclusion of these items is based on your First Aid Needs Assessment.

Where your needs assessment has identified a requirement for tourniquets and/or haemostatic dressings you should make sure:

- *Your haemostatic dressings are always in date*
- *Workplace first aiders are trained by a competent provider in when to apply a tourniquet and the correct technique to use. For example, competent training providers should be teaching clinical protocols as described by the Faculty of Pre Hospital Care*
- *Workplace first aiders have training in when and how a haemostatic dressing is applied.*

Examples of sectors that may benefit from additional training in the use of tourniquets based on RIDDOR data include: construction, agriculture, forestry and some aspects of manufacturing.

The above (in italics) is taken direct from the bulletin – these and other recommendations are to be implemented **from 1st January 2017.**

Before implementation, your company’s personnel responsible for First Aid needs assessments should look at any possible requirement for including tourniquets and/ or haemostatic dressings in your first aid kit and let us know so we can provide appropriate training.