



Treating A Minor Burn

With Bonfire Night & Christmas around the corner; or if you're reading this late, with all the extra cooking and fireworks around New Years Eve, I thought treatment of minor burns might be given a quick outing.

1. Cool the burn

- Immediately with cold (preferably running) water for at least 10 minutes until the pain is relieved.
- If water not available use any cold harmless liquid.

2. Remove jewellery and loose clothing

- The area is likely to swell, remove rings/ watches etc. if at all possible.
- Carefully remove loose clothing but leave in place if stuck to the affected area.

3. Dress the burn

- Use a sterile dressing – lay cling film over the burn if possible (discard the first 2 turns and apply lengthways, if wrapped around and the area swells we create more problems).
- Alternative dressings may be used (a clean unused plastic bag etc.).

**If in any doubt about the severity of the burn/ scald
SEEK MEDICAL ADVICE**

There are many types of burns – scalds/ sunburn/ chemical burns/ electrical and dry heat burns, all need to be dealt with slightly differently (always remembering your own safety first). Get yourself on a first aid course to have the chance of helping family, friends or work colleagues should the need ever arise and remember...

NEVER –

- Burst blisters
- Touch the burn
- Apply lotions, fats, adhesive tapes or dressings
- Remove clothing that has stuck to the burn

OOPPS... THE BACK'S GONE

How many times do you hear people saying “my back’s just gone”? They often don’t even know why or what they were doing when it “went”



Bad backs are not always down to moving heavy loads, in fact the opposite weight can be just as much to blame if not more so. Some other factors also play a part. As we have said on our training sessions, “nothing we will tell you is rocket science; if it were we wouldn't be stood in front of you.” I have no doubt that some of the following will come as no surprise either, but maybe a reminder will help put the pieces of the jigsaw together and help prevent back pain affecting your life.

- **O**utdated and/ or inappropriate techniques for the activity being performed – either at work or at home.
- **O**besity – extra weight means we put extra work on our backs and can also lead to us compensating for the change in our centre of gravity by putting our backs out of their natural alignment.
- **P**oor physical condition – your body must be conditioned to be able to cope with the demands placed upon it.
- **P**oor sleeping position – again putting the body in unnatural positions increasing the cumulative detrimental overall effect.
- **S**tress – posture can alter due to psychological stress again placing the body out of natural alignment and increasing the physical stress placed upon it, research also shows pain tolerance can be perceived to be lower whilst the mind is under stress making otherwise minor complaints feel much worse.

This list is by no means exhausted, weight gain through pregnancy, degeneration due to underlying medical conditions etc...

“Stress is the confusion created when one’s mind overrides the body’s desire to choke the life out of someone who desperately needs it”

Author unknown and certain words changed to keep it clean, more definitions exist... but I like this one.

£20 Competition!



Countdown Conundrum: ALPROPEs

Correct handling practice will help prevent this happening to your discs.

Email your answer to mail@getsettraining.co.uk by Friday 4th December and one winner will get £20.00 in Marks and Spencers vouchers just in time for Christmas!.

Congratulations!

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

The prize goes to **Sharon Morris of Nestle UK** with the correct answer;

MECHANICAL AIDS!