



Carrying Loads on Stairs

We train and visit a lot of places of work all around the UK and invariably see notice after notice telling everyone what you should and shouldn't do.

We tell people on our courses that, the **best** way to handle a heavy load (and that "heavy" is different for every individual) is by using a mechanical aid whenever possible.

Next Best – cradle in two hands keeping the load close

Worst – holding in one hand – it puts the spine out of its natural alignment.

We also reiterate that there are occasions when you must have any heavy/ awkward load in one hand and that is "going up and down stairs, ladders, steps/ access equipment and that means if the load is too big, too heavy, and too awkward to do this safely – find another way". Always have one hand free.

If you slip trip fall on stairs, ladders, steps etc. and you are carrying that load you can not protect yourself – the possible consequences are of an immediate injury.

FIRST AID IGNORANCE

With the new guidelines on course content of all First Aid at Work related courses to include the introduction of AEDs (Automated External Defibrillator) coming into effect from 1st January I thought it may be apt to share the findings of a study led by researchers at Warwick University. They concluded that a lack of resuscitation skills means 10,000 Britons die of cardiac arrest each year.

The study suggests that one in eight cardiac deaths occur without anyone trying to keep the heart going until paramedics arrive.

If this does not occur it is often too late to save someone if Cardio Pulmonary Resuscitation (CPR) has not been tried.

The study looked at 11451 cardiac arrests attended by paramedics who could do nothing for 13.4% of the cases because no CPR had been attempted and too much time had lapsed between cardiac arrest and the professionals arriving – that's over 1500 people not given the chance of survival because no one performed CPR.

The leader of the report Professor Gavin Perkins said the early recognition including getting professional help and asking for an AED for its quickest possible use was critical and pointed out that CPR doubles the chance of survival.

A YouGov poll of 4345 adults found that 53% had no training in CPR and that 47% were too worried to do anything because they were worried about causing harm.

Just think – if the heart is in arrest and you do nothing – the casualty will die.

Make another New Years resolution, get on a first aid course; I hope you never have to use it, but if you do – you'll be prepared.



£20 Competition!



Rearrange the letters in CAPITALS to give a rule to always adhere to when carrying items on stairs

DEAR HEN FONE

Entries by e-mail to mail@getsettraining.co.uk by Friday 3rd February.

Congratulations!

The winner of the December competition was very shy and didn't want to be named but I handed her the £20.00 Marks and Spencer voucher in time for Christmas!

correct answer:
"NEVER MAXIMISE EFFORT"