

# Get Set Training Ltd.

Bespoke Manual Handling & First Aid Training



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

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## Who Can Use an AED?

<https://www.resus.org.uk/defibrillators/training-required-to-use-an-aed/>

The Resuscitation Council (UK) is a group of medical professionals set up in 1983 who “develop and publish evidence-based resuscitation guidelines, (<https://www.resus.org.uk/resuscitation-guidelines/>) to set out the interventions and practices that are most likely to achieve successful resuscitation from cardiac arrest. These guidelines are intended for all healthcare professionals, first-aid organisations and lay people.”

The question of who can use AEDs (Automated External Defibrillator) is often asked on our First Aid courses; the recommendations changed as to FAW and Emergency First Aid courses (as covered in previous newsletters) to include the use of AEDs, but the simple answer has not changed; direct from the Resuscitation Councils website...

*“It is the view of the Resuscitation Council (UK) that the use of AEDs should NOT be restricted to trained personnel. Furthermore, the Resuscitation Council (UK) considers that it is inappropriate to display notices to the effect that only trained personnel should use the devices, or to restrict their use in other ways. Such restrictions are against the interests of victims of cardiac arrest, and discourage the greater use of AEDs by members of the public who may be able to preserve life and assist victims of cardiac arrest.”*

## SCIATICA

A question asked, on more courses than not, is; “I’ve got a bad back, I’ve been told I’ve got sciatica... what is it?”

First thing said is; “We are not medically trained, we can’t give you treatment and make your back better”

Then something along the lines of; “but if you use the principles we talk about it will help keep as much pressure off your body as possible that will give your back the best chance of getting better”

We explain how, basically, the sciatic nerve is the longest nerve in the body extending from the back of the pelvis (a group of nerves originating from the lower back come together here) all the way down the legs to the foot. ‘Sciatica’ is a term given to any sort of pain caused by compression or irritation to the sciatic nerve.

The symptoms usually go away with minimal or no treatment in anything from a couple of days to 6 weeks but can sometimes last for months.

NHS Choices website advise...

You can minimise your risk of getting, or suffering a further episode of sciatica by:

- adopting a better posture and lifting techniques at home and work
- maintaining flexibility
- exercising regularly

While sleeping, your mattress should be firm enough to support your body, while supporting the weight of your shoulders and buttocks, keeping your spine in its natural alignment. Support your head with a pillow, but make sure your neck isn’t forced up at a steep angle; again maintaining and supporting the spines natural alignment. If in any doubt always consult your doctor.



## £20 Competition!



Rearrange the letters in CAPITALS to make sense of the sentence

**Anyone can use a BOAR FILTER LID**

Entries by e-mail to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk)  
by Friday 7th April.

## Congratulations!

Winner of the January competition was Dan Boardman of NHS Sheffield.

Correct Answer:  
**“ONE HAND FREE”**