

Get Set Training Ltd.

Bespoke Manual Handling & First Aid Training



www.getsettraining.co.uk

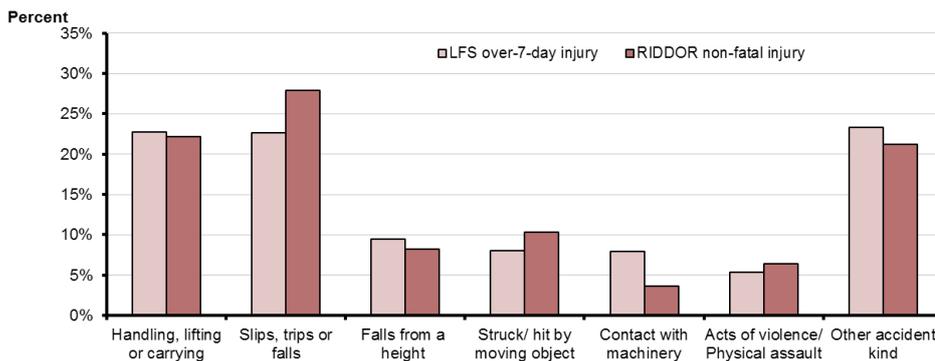
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STATISTICS

Full document available at www.hse.gov.uk/statistics/

Percentage of non-fatal injuries accounted for by different accident kinds based on (i) Self-reported over-7-day injury estimate from Labour Force Survey and (ii) Non-fatal injury notifications to RIDDOR.



The LFS is a national survey run by the Office for National Statistics of around 38,000 households each quarter and is the preferred source for injury statistics as it provides the most complete measure of the scale of workplace injury.

I'm not the greatest lover of stats, they seem to be meaningless sometimes when looking at the larger number; "one death is a tragedy, 1 million deaths is a statistic" but looking at them over a longer period of time, as with the chart above, it shows that manual handling statistics have reduced quite substantially as a percentage of overall non fatal over 7 day injuries.

They are still slightly higher at est. 122,000 cases over the est. 119,000 cases for slip trip or fall but there must be reasons for the decline.

Our approach to manual handling is 3 pronged;

1. Training – showing and explaining how different approaches place different stresses on your body and showing which ones help keep the most stress of your body looking at any task you perform
2. Back Care Team – in house personnel who can remind you about your training to help change any habits that may need changing
3. Asking you to think of any tasks that you feel place more pressure on your body than you feel they need to AND see if, between us, we can come up with any solution to make this task easier in terms of those stresses.

It's only with your full buy in that we can continue to help bring these numbers down in our small way helping you keep those physical stresses down to a minimum in work and, if you take the principles and ideas on, at home as well.

STROKE

www.stroke.org.uk

Stroke is a medical emergency; an urgent scan is required in hospital to find out the cause of the stroke so that the correct treatment is given QUICKLY. As a first aider OR anybody FAST recognition and dialing 999 (or 112) is a priority and the speed of this can have a dramatic difference on the casualties' recovery.



FAST requires an assessment of 3 specific symptoms of stroke.

Facial weakness – can the person smile? Has their mouth or eye dropped?

Arm weakness – can the person raise both arms?

Speech problems – can the person speak clearly and understand what you say?

Time to call 999

£20 Competition!



The definition of RIDDOR is;

- a) Responsible Individuals Diagnosing Dangerous Occurrences
- b) Receiving Information of Disease and Dodgy Occurrences
- c) Reporting of Injuries Diseases and Dangerous Occurrences

e-mail your answer A, B or C to mail@getsettraining.co.uk by Friday 4th August. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers

Congratulations!

Winner of the May competition was shy, but has received her gift voucher.