



Newsletter

July 2009

FIRST AID – Sun burn

Prevention of any problem is always better than trying to cure the consequences, whether in manual handling, first aid or paying too much for a vacuum cleaner because you didn't research it enough (guess what I did at the weekend)

S.M.A.R.T. advice from CANCER RESEARCH UK

Spend time in the shade between 11am and 3pm; the sun is at its most damaging then.

Make sure you never burn

Aim to cover up with a T shirt, hat and glasses

Remember the kids – take extra care with them

Then use factor 15+ sun creams at all times

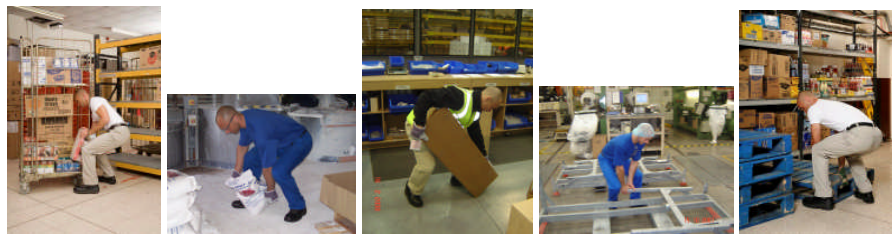
TREATMENT - because we don't always take notice, radiation burns, most commonly seen as sun burn, do occur. The treatment for which would be:

- Remove the casualty from exposure to the sun and cool the area with cold water for 10 minutes.
- If there is extensive blistering, or you are not sure – **seek medical advice.**
- Give the casualty frequent sips of water to ensure heat exhaustion does not occur.
- If sun burn is mild, after-sun or calamine lotion may soothe the area.

BACK TO BASICS – THE GET SET POSITION

If you have sat in on one of our manual handling training sessions you will realise we are not rocket scientists. To prove a point – where do you think "Get Set Training Ltd" came from?

We speak about changing habits to ensure the training is effective and how this may slow you down to start with – having to think about your handling technique, however, if you can make the Get Set position a habit you will find that with less effort the rest of the task will flow.



No matter what the task, from moving sacks to assembling racking, moving awkward loads to boxes from awkward places the basic principles apply.

Get one foot forward; initiate the movement with the load within the base, keep a natural alignment of the spine, slightly bend the knees, keep the feet knees hips and shoulders in the direction of the movement, keep control of the load, and **only handle what you can safely manage.**

£20.00 M&S Voucher competition

Only 11 of the 12 words listed below appear in the word search. Find the word not included in the word search and e-mail your answer to mail@getsettraining.co.uk by Friday 7th August. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.

R	I	S	K	S	R	E	H	T	O	T
M	A	C	T	O	O	L	I	S	W	A
T	S	S	N	C	S	O	K	P	N	W
S	S	P	S	R	E	A	E	R	S	A
I	E	I	N	E	S	D	T	E	A	C
W	D	K	I	P	S	T	O	C	F	C
T	H	E	R	S	A	S	A	A	E	I
T	L	U	K	C	P	Z	M	U	T	D
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D	P	E	D	R	A	Z	Z	A	H	T

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