



# Newsletter

July 2008

## FIRST AID NEWS

### 5 STEPS TO RISK ASSESSMENT

- Step 1**  
Identify the hazards
- Step 2**  
Decide who might be harmed and how
- Step 3**  
Evaluate the risks and decide on precautions
- Step 4**  
Record your findings and implement them
- Step 5**  
Review your assessment and update if necessary

#### Question

What have risk assessment to do with me?

#### Answer

A lot! Risk assessments are about making your working environment and tasks as safe as possible for you and everyone around you. They should not be something done by managers and put in a drawer. Everyone needs to be aware they are everyone's responsibility.

In manual handling you will do a simple risk assessment every time you pick up an object; how heavy is it/ how awkward is it/ are there nails sticking out/ is the liquid toxic/ how far must I carry it/ will it damage me! etc.

In first aid you should do a risk assessment before approaching any casualty; is it safe to approach!

Don't be scared of risk assessments, they are there to help you.

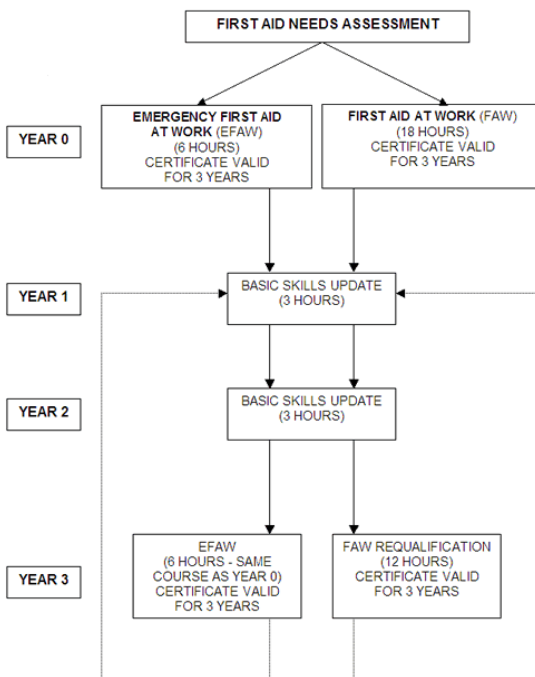
**We're on the Web!**  
[www.getsettraining.co.uk](http://www.getsettraining.co.uk)

**WE ALWAYS WELCOME FEEDBACK**

Please feel free to comment on our service on the Testimonials page

The forum is there for discussions on any subject; experiences from other industries may be of benefit to your company

Let us know what you think of the newsletter



The chart shows the structure long being proposed for the introduction of a new training regime for first aiders in the workplace. A consultation exercise taking into account this and many other aspects of first aid provision ended on 8<sup>th</sup> February 2008.

Having evaluated the comments from stakeholder groups the Health and Safety Executive intends to continue moving towards implementation of the changes to first aid training courses and approval and monitoring arrangements and at present the HSE is considering how best to continue moving towards **implementation during 2009**. (October has been mentioned)

Get Set Training is Health and Safety Executive registered: 19/08, to deliver First Aid at Work (initial and refresher) courses, the certification is exactly the same as St. Johns/ Red Cross etc...

We also deliver Emergency First Aid at Work and First Aid for Schools.

See how our prices and flexible approach compare.

To view the full evaluation visit

[www.hse.gov.uk/firstaid/review/mar08.htm](http://www.hse.gov.uk/firstaid/review/mar08.htm)

### £20.00 Wordsearch

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| P | R | I | S | K | A | S | S | E | S | S | F |
| C | E | N | P | A | B | S | P | I | K | T | I |
| C | C | J | O | B | E | V | I | O | C | E | R |
| B | P | U | P | T | A | U | N | L | P | R | S |
| A | S | R | N | Y | W | G | E | T | S | E | T |
| K | T | Y | I | S | T | I | B | D | A | B | A |
| C | C | I | N | O | Y | L | S | E | S | A | I |
| A | R | A | J | M | R | F | A | T | R | K | D |
| R | A | I | B | C | S | I | R | U | I | N | R |
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| E | F | I | R | B | A | S | K | Y | K | A | G |
| L | I | F | T | I | N | B | A | S | E | E | C |

- BAD BACK
- CASUALTY
- CPR
- FIRST AID
- GET SET
- INJURY
- LIFT IN BASE
- NO TWISTING
- PRIORITY
- RECOVERY
- RISK ASSESS
- SPINE

Of the 12 words/ phrases listed only 11 can be found in the grid; running in straight lines in any direction. Find the one not included, e-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by 6<sup>th</sup> August 2008. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.