



# Newsletter

May 2008

## FIRST AID TRAINING

In any company, the number and type of first aid personnel would be based on an assessment. In assessing need, employers need to consider:

- ❖ workplace hazards and risks;
- ❖ the size of the organisation;
- ❖ the organisation's history of accidents;
- ❖ the nature and distribution of the workforce;
- ❖ the remoteness of the site from emergency medical services;
- ❖ the needs of travelling, remote and lone workers;
- ❖ employees working on shared or multi-occupied sites;
- ❖ annual leave and other absences of first aiders and appointed persons.

(Above guidance from HSE web site)

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

See how our prices compare.

**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

## WELCOME TO OUR FIRST NEWSLETTER

So you thought you'd got rid of the boring Yorkshire men after the training?

Research conducted in 2007 concluded that either the manual handling techniques taught did not work (proved not to be the case) or that workers did not change their habits enough to make a difference to the incidence of back pain (classes after March may remember the "Cheeky Girls" visual) has persuaded us to start this newsletter with a view to keep you aware of developments in the exciting world of manual handling and first aid, and keep the issues delivered though out the sessions fresh in your minds.

**A quick 5 minute read through your tea break and you could win £20.00.**

### HOUSE KEEPING: Storing heavy loads at waist height

Safe Lifting and Handling is not just about the training and how we best place and use our bodies to move the load. It's about making our jobs as EASY and SAFE as possible.



Heavy items at low level; by simply raising the existing shelving, at nil cost, the task is made easier.

Take a look at your work area. Do you have multi height shelving with items stored on them? Are the heaviest items stored at ground level?

Reaching up or bending low increases both risk and pressure placed on the body.

Does it make more sense to have the heaviest items you may manually handle at waist height, keeping your work to a minimum and lowering risk of injury?

Look at your work area, speak with your health and safety team and work mates and see if a little housekeeping can improve your manual handling practice.

**Only handle what you can manage.**

Forces acting on L3 (3<sup>rd</sup> lumbar vertebrae; lower back) in a person weighing 70kg.

Activity	Force in Kg
Lying on back, legs straight	30
Upright position	70
Walking	85
Trunk lean to one side	95
Sitting unsupported	100
Laughter	120
Inclined forward	120
Lifting a 20kg weight, back natural curve, knees bent	210
Lifting a 20kg weight from a forward lean, legs straight	340

Remember the figures show using good technique works; 230kg less pressure keeping a natural curve in the spine and lifting a load using the legs.

### Caption Competition

WIN £20.00: the best caption(s) to the images below judged by the office staff at Get Set Training will receive £20.00 in M&S vouchers.



Editors' attempt: "the hairstyle was catching"

You can enter by

- e-mail [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) or
- Forum page on our web site

Result will be published on the forum page, entries to be submitted by Friday June 6<sup>th</sup>.