



# Newsletter

September 2008

## LAUNCH OF APPLE

### HSE "Recommend Training" for First Aid

The new HSE qualifications which come into force in October 2009 **recommend** yearly refresher training for both the First Aid at Work (FAW) and the new Emergency First Aid at Work (EFAW) course.

But what does it mean when the HSE only 'recommends' something? 'Recommend' by definition is not mandatory however, when the HSE recommends something it should not be ignored.

**Background:** The existing one day Appointed Persons first aid course will from October 2009 be effectively replaced by the HSE regulated Emergency First Aid at Work (EFAW) course. The outcome of these changes will result in two levels of first aider for the workplace; EFAW and the existing FAW.

This will enable employers to more closely match their first aid requirements.

Training has also changed with a recommendation for yearly refresher courses in addition to the existing re-qualifying ever three years. However, to offset the additional costs to industry, the FAW course is reduced from four to three days.

Only HSE registered companies will be able to deliver these courses.

Be aware, be prepared.

Get Set Training Ltd HSE reg. 19/08

**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

Let us know what you think of the newsletter

### Assess Plan Posture Lift Evaluate



At Get Set Training we are continually looking for ways to help keep our Manual Handling sessions enjoyable and relevant

Important for

- Ensuring the message of safe lifting hits home
- Ensuring the session content is retained after the course
- Ensuring the content means something to the participants

The training is only part of your companies' commitment to keep its employees (you) safe and healthy in terms of manual handling awareness.

**Get Set Training Ltd** is launching a poster campaign to give a simple aid to the steps of carrying out any manual handling task. This has been integrated into our training sessions and will act as a memory jogger long after the session has been completed.

The posters will be e-mailed to existing customers to print off and use free of charge.

## £20.00 COMPETITION

Y N	N P	C D	T S	F T
U J R	S E	S	W T	L

?

One letter is missing from the 5 boxes above. All the words will have been used in your manual handling training session. Find the missing letter, and tell me the five words, e-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by 6<sup>th</sup> October 2008. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.

**Winner of July £20.00 word search competition was Neil Lomas of NPIL PHARMA (Huddesfield)**

**The missing word was: "RECOVERY"**