



Newsletter

September 2009

MOVING AND HANDLING

CALLING ALL DONORS

0300 123 23 23: the new number to talk about blood, tissue and organ donation. Don't yet donate? Visit www.blood.co.uk for more information; it's easier than you think.

As a First Aider and instructor I realize how important it is to give blood.

The National Blood Service has just launched a single donation telephone number which will allow you make one call to one number to talk about blood, tissue and organ donations.

Both landline and mobile calls to the new number 0300 123 23 23 will cost no more than a local network call.

0300 numbers have been set aside by phone regulator Ofcom for use by the public sector and not-for-profit organisations such as registered charities.

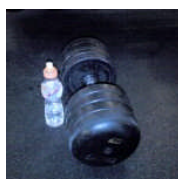
If you find or use the old/ current phone numbers they will still be in use for the next 12 months.

We're on the Web!
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



Which do you want to move?

Left - 75kg dumb bell
Right - 10kva transformer (weight approx 100kg)
Not to same scale!



1. The dumb bell because it's lighter and, on a flat even surface, it would roll?
2. The larger more awkward and heavier transformer?
3. Neither if you had the choice?

Answer – 3, I'd have thought, however, we don't always have the choice but we do always have the power to influence the amount we have to handle the objects.

Unless we work in a gym or manufacture/ sell / distribute the dumb bells then it is entirely our choice to try moving these monsters about and not many people would, could or should handle them.

The transformer (and a myriad of other objects) will have to be moved from time to time. Always plan other alternatives to manually lifting these objects.

Cranes/ hoists/ fork trucks/ pallet trucks/ wheels and not forgetting aids around you such as lifts in new buildings to avoid stairs can all aid the task. If working on site ensure you build a good rapport with other contractors and site managers to be able to plan between all parties how to safely move your equipment.

Remember – it's your responsibility to look after your health and safety and the health and safety of others around you: avoid – prevent – reduce the risk of injury

Only handle what you can safely manage.

£20.00 M&S voucher competition

1. The area of the body most commonly injured when manual handling is the _____.
2. The lower part of the spine is also known as the _____ region.
3. You may end up undergoing _____ surgery if you continually handle loads incorrectly.
4. Initiating handling tasks with the load _____ the base is bad practice.
5. The "shock absorbers" between the bones (vertebrae) of the spine are known as _____.

Take the first letter of each of the missing words and they will spell another word that we all have in abundance and can freely give to help save peoples lives. E-mail your answer to mail@getsettraining.co.uk by Friday 2nd October 2009. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.

Winner of the July competition was Wendy Taylor of Cell Security (Bolton)