



# Newsletter

May 2009

## STATS FOR PUSHING AND PULLING



Statistics can be seen below that give you an idea of how important it is to eliminate or reduce pushing and pulling risk factors.

- 11% of manual handling - related RIDDOR accidents investigated by HSE involved pushing and pulling.
- The most frequently reported site of injury was the back (44%).
- Followed by the upper limbs (shoulder, arms, wrist and hand) accounted for 28.6%.
- 12% more accidents involved pulling than pushing (where the activity could be identified within the reports).
- 61% of accidents involved pushing and pulling objects that were not supported on wheels (e.g. bales, desks etc.)

Use the figures to as you see fit – they highlight the need to plan and evaluate every manual handling task NOT just the lifting.

**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

## COMPULSORY FIRST AID TO ALL CHILDREN?

A survey carried out by Saint Johns Ambulance of over 1500 school children is being used to try to bring English and Scottish schools in line with their Welsh and Northern Ireland counterparts by introducing first aid into the compulsory curriculum. The results found that 69% would not know how to help someone in an emergency with 72% of these children would like to learn first aid and 83% would feel more confident about helping those around them if they had been taught first aid.

St John Ambulance are currently launching their new strategy for schools, 'Developing skills, saving lives' which is being fully endorsed by John Regis, Olympic Athlete is currently being launched

[www.sja.org.uk/sja/PDF/Our strategy for schools.pdf](http://www.sja.org.uk/sja/PDF/Our_strategy_for_schools.pdf)

We have all read or seen on the news the heroic boys and girls who have been unlucky enough to be faced with emergency situations and dealt with them very admirably.

Would giving more children the opportunity to learn these skills be a good idea?

Would it just be eating into an already overcrowded curriculum?

Some schools already provide an insight into emergency procedures and first aid for their pupils and feel that simple skills like tilting a persons head back, placing someone in the recovery position or indeed what procedures to follow to get help could help save someone's life but do you even think children can learn these skills?

Other wider skills may be brought about by its introduction – confidence – increased self esteem – a greater sense of caring for others?

Something to think about.

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.

### Countdown to change.

**6 months.**

October sees the introduction of some of the biggest changes to the running of First Aid courses in 25 years.

An accredited Emergency First Aid at Work will replace the unrecognized Appointed Persons and can only be run by HSE registered companies to mention just one change.

These were first covered on our July 08 newsletter; still available on our web site or simply call us and we will gladly update you.

To view the full evaluation visit

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

### Caption Competition

**WIN £20.00:** the best caption for our logo reproduced below judged by the office staff at Get Set Training will receive £20.00 in M&S vouchers.



Editors' attempt: "where's you're PPE?"

Enter by e-mail [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk)

Result will be published on the forum page, entries to be submitted by Friday June 5<sup>th</sup>.

Winner of the March word search was Helena Larder of Saint Gobain – British Gypsum (answer NERVE)