



Newsletter

November 2008

FIREWORK SAFETY

Team handling



<http://www.zimbio.com/Wheelchair+Users/articles/2/Evolution+Aircraft+Towing>

Photo by Peter Macdiarmid/Getty Images Europe

On 6th September 2008, 50 wheelchair users volunteered to pull a 65ton Boeing 757 airliner at Lasham Airfield (Alton, England) for 100 meters. They were successful and not only set a new world record but also raised around £10,000 for the British Disabled Fliers Association.

Goes to show; with the right risk assessment, enough people and good team work anything is possible. Not to mention a great deal of determination! Congratulations.

Communication/ co-operation/ co-ordination at it's best.

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

First Aid for Burns: it's that time of year.

Keep calm - if you panic you will be less able to help.



Always seek medical advice - if you are in any way unsure about how serious an injury is or if you have any concerns. Even if a burn is only small it is always worth getting it checked out to ensure that there are no foreign objects (such as pieces of dirt or ash) in the wound, that it is dressed properly and healing well. Always take a child for medical help.

Immediately run cold water over the burn for at least 10 minutes - do this straight away and never rub butter, oil or ointment into a burn.

- **Take off any restrictive clothes, belts or jewellery** that the injured person is wearing as burned skin can swell. Do not remove anything that has burned to the skin (clothing etc)
- **Cover the burned area with a clean, smooth dressing** (cling film is excellent) to keep out infection until it can be properly dressed.
- Unless the burn is very small (smaller than a 10 pence piece), **go to hospital.**
- If the burn is very serious, or the person is (or was) unconscious, **dial 999.**
- **Never give an injured person anything to eat or drink after an accident** - even water, tea or a 'medicinal' brandy! This can be very dangerous if they go into shock and may delay treatment if they need to go to hospital. Seek medical advice to get an 'all clear' before you give them anything.

Get Set Training Ltd HSE reg. 19/08

£20.00 COMPETITION

My 1st is in **MANUAL HANDLING** as well as in **YOUR BASE**,

My 2nd is in **THE PREPERATION** and **PLACING IT SAFE**,

My 3rd is in **THE PLANNING** and also the **SPINE**,

My next is in **MUSCLE** and push through **ONE LINE**,

My last's in **GET SET** as well as this **RHYME**,

My whole was the first temptation at the beginning of time.

WHAT WORD AM I?

e-mail your answer to mail@getsettraining.co.uk by 3rd Dec.

Winner of September £20.00 word search competition was Phil Tilsley of Nestles UK, York. The missing letter was: "I" and the words were injury, spine, disc, twist and lift.