



# Newsletter

May 2010

## Agonal Breathing

American statistics show that in as many as 40% of applicable out-of-hospital cardiac arrest cases, bystanders do not receive instructions over the telephone to perform cardiopulmonary resuscitation (CPR) because the bystanders report that the patient is 'breathing' due to the presence of agonal respirations.

Agonal breathing can sound like gasping, snorting, gurgling, moaning or laboured breathing, usually at a rate of 1 deep gasp every 10-15 seconds. It is a sign of death – normal breathing is a sign of life. Whilst you may have witnessed one of our instructors (Fitzy) scarily demonstrating agonal breaths you may wish to look on the internet for reenactments and actual incidents of this phenomenon to ensure you can spot the difference.

If "normal breathing" is not witnessed CPR should be performed. Frustratingly if a casualty is "agonal breathing" they do have a higher chance of survival – **but only if CPR is started immediately.**

**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

## PUSHING AND PULLING

A contractor (not on our course) picked up a 30kg transformer and carried it 40 meters to his van, 38 meters passed a sack trolley that he could have used. When questioned he said his van wasn't too far away. (?)



***When used correctly mechanical aids can make your life much easier***

Pushing and pulling of a load is a good way to help avoid lifting and carrying the load, achieved as easily as using a wheelbarrow, sack truck or putting the load on a trolley, but applies as much to opening gates or sliding desks.

However, when people push and pull, there may be risk of other musculoskeletal injuries, which will need to be considered and eliminated or reduced, and at very least be aware of prior to carrying out the task to help minimize the possibility of injury. Statistics can be seen below that give you an idea of how important it is to reduce pushing and pulling risk factors – taken from the HSE web site.

- 11% of manual handling - related RIDDOR accidents investigated by HSE involved pushing and pulling.
- 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.)
- 35% of pushing and pulling accidents involved wheeled objects.

### Countdown conundrum:

**scumuseketallo** disorders are the most common form of work related health problems in Britain.

Rearrange the first word of the sentence above to make the fact true. e-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by June 4<sup>th</sup> and one winner will get £20.00 in Marks and Spencer vouchers.

**Winner of March £20.00 competition was Katherine Green of South Yorkshire Probation Service. The first aim of 1<sup>st</sup> Aid is to PRESERVE LIFE**