



# Newsletter

September 2010

## WE ONLY GET ONE BACK

### BACK TO BASICS – THE “3 Ps”

As first aiders we must remember we are not trained medical personnel. We are trying to do one or all of the 3 Ps until the professionals arrive – **the aims of first aid are to**

**Preserve life** – not just the casualties but your own. The first thing to do when deciding your actions is to assess for danger; if you are putting yourself in danger you are helping no one, the professionals arriving may have the original casualty AND YOU.

**Prevent the condition worsening** – a skilled first aider will try not to just prevent the casualties condition from worsening but also that of the whole situation; removing danger such as traffic or fumes.

**Promote recovery** – your actions should, after ensuring the above 2 points, help the casualty recover from the illness/ injury e.g. putting a plaster on a child's cut after examining and cleaning with a little TLC.



Technique is everything

Ask anyone who's suffered with back pain how it affects them and they'll tell you it impacts on every waking, and sleeping moment of their lives.

Back pain keeps you from enjoying the small things in life such as spending time with your kids, taking your dog (or dogs in my case) on his daily walk, playing a game of golf with your mates, or just lounging in your favourite chair watching television. Almost every movement you make involves the use of the muscles in your back.

So naturally, when your back is injured, the quality of your life will suffer drastically.

The most common causes of back pain are strains and sprains from injuries to the back due to improper use of the muscles.

Back muscles can inadvertently be injured from engaging in day-to-day activities such as repetitive movements at the golf driving range, heavy lifting in the gym or at work, picking up your children, improper bending or movement in any activity, slouching in your chair, sitting for long periods of time, or sleeping on a rickety old mattress.

In short – we know manual handling training is only a small part of the start of what will, hopefully, be a realisation that we only get one back, and we need to look after it – whatever we are doing. If we adopt the correct techniques when we can it will minimise the problems encountered in our everyday lives.

**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**

### £20.00 M&S voucher competition

According to statistics (where the activity could be identified within the reports) which of these 2 movements caused more accidents?

- a) Pulling
- b) Pushing

It's a 50/ 50 choice for £20.00 – or look at the May newsletter for the answer!

E-mail your answer to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday 3<sup>rd</sup> October 2010. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.

Winner of the July competition was Danny Boardman of NHS Sheffield, correct answer B – there are 5 lumbar vertebrae