



# Newsletter

May 2011

## LIGHTEN YOUR LOAD

### Resuscitation changes

#### Adult basic life support

The following changes in the basic life support (BLS) guidelines have been made to reflect the importance placed on chest compression, particularly that of good quality compressions, and to attempt to reduce the number and duration of pauses during chest compression:

- When obtaining help, ask for an automated external defibrillator (AED), if one is available.
- Compress the chest to a depth of 5-6 cm and at a rate of 100-120/min.
- Do not stop to check the victim or discontinue CPR unless the victim starts to show signs of regaining consciousness, such as coughing, opening his eyes, speaking, or moving purposefully AND starts to breathe normally.
- Teach CPR to laypeople with an emphasis on chest compression, but include ventilation as the standard, particularly for those with a duty of care.

All your first aid providers should now be imparting this new advice (we started from its initial announcement towards the end of 2010 however a phase in period was allowed), first aiders should continue to use the techniques in place when taught but ensure the new advice is used on and after their refresher training.

Get Set Training – HSE 19/08

We're on the Web!  
[www.getsettraining.co.uk](http://www.getsettraining.co.uk)



If you have had our training you will know we take great pride in ensuring we visit every area of perceived handling problem anyone puts forward.

The usual format is:

- Discussion around what the task involves – we have an insight into your jobs but we do not do your jobs on a daily basis, and the last thing we want to do OR can do, is tell you how to do your job.
- Take a step back and see what your solution is at the minute – how you do the handling task now. Often you have come up with the best solution to the task over years of experience and we may just be able to tweak body positions to get you into a safer anatomical position. However, sometimes

tasks are performed a certain way because “we’ve always done it like that”.

- More discussion as to what practice/ way might take more stress of your body.
- Try out the revised technique if you think it may help.
- Adopt the technique if found successful – if not find a different way.

The discussion is the important aspect – you must agree with what is been said, you must take ownership of the solution, it is only then that you will try stick with it and change habits.

The other point to note is that the best solutions come from you because (as said above) you know your jobs better than us; we can be the catalyst to help you realize you may have a problem and help you find a solution.

Sometimes the solution takes a lot of thought and time to implement, but be honest – sometimes the solution is staring you in the face. It might be as simple as lightening your load?

## £20.00 CAPTION COMPETITION

This happened to Paul but don't mention it to him.

Add your own caption, the best printable one receives £20.00 in Marks and Spencer vouchers.

The best unprintable one gets £10.00 M+S voucher just for keeping us amused.

Entries by e-mail to [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) by Friday 3<sup>rd</sup> June.

Winner of the March competition (correct answer – “Saturday Night Fever”) was Colin Wilkinson of Moy Park Limited.

