



Newsletter

September 2011

STROKE

It was January 2009 when I last mentioned "Stroke" on a newsletter. I make no apologies for doing it again. Awareness is the key for all of us – not just 1st Aiders. The quicker we can get the casualty to hospital the better their chance of a full recovery. Unfortunately this is often delayed because helpers call a doctor instead of an emergency ambulance.

If you suspect a stroke you should carry out the **FAST** test.

F – Facial Weakness; can the person smile? Has their mouth or eye "dropped"?

A – Arm Weakness; can the person raise both arms?

S – Speech problems; can the person speak clearly and understand what you say?

T – Time to call 999; if they fail any test, because stroke is a medical emergency.



WE CAN'T ALWAYS GET IT RIGHT

"Assess the load and task". "Get one foot forward". "Initiate the move from within your base". "Plan your route" etc... etc... etc...

I agree with all the above and go over it day in day out to help reduce the chance of injury through incorrect manual handling technique, I know if you stick to our principles this risk of injury through the cumulative effect of bad habits will be dramatically reduced.

What people don't expect us to admit is that we can't always stick to those principles, at times having been taken to a course members specific task that, after training, they feel does put their body in a compromised position putting additional stress on it, after taking into account all the intricacies of the task, the individual, the load and the environment we may turn around and admit that they are already doing the best they can. Engineers maintaining a machine with tight spaces or being on the ground reaching to the back corner of an immovable object will know what this is like.

Numerous positives come out of the above scenario

1. The individual is now aware of the stresses put on their body whilst manual handling and the possible cumulative effect of this.
2. They are aware of the compromised position and may be able to alter accordingly even if not 100% so reducing some of the pressure.
3. We get a chance to look at these tasks together AND, along with other colleagues who may also do this task, come up with best practice for the specific job.
4. They have obviously grasped the concepts spoken about in the class – this leads to an understanding of WHY we use the principles we do and not just telling you what those principles are.

If that's the case then we are part way to breaking bad handling habits and if we can't always get it right let's at least

GET IT RIGHT WHEN WE CAN

£20.00 M&S voucher competition

UNCALBEAM

Any medical emergency needs one of these as soon as possible.

E-mail your answer to mail@getsettraining.co.uk by Friday 3rd October 2010. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.

Winner of the July competition was Derek Wilson of Komatsu UK, correct answer NATURAL.