



Newsletter

March 2009



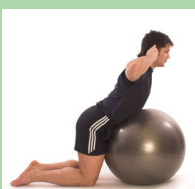
Get Set Training has teamed up with FitBack to offer a complete and unique service of back care prevention and rehabilitation. FitBacks managing director is Jonathan Daniel BSc (Hons) BA (Hons) MCSP HPC.

FitBack have successfully implemented onsite physiotherapy services to a leading logistics company, establishing clinics at 5 depots throughout the UK. These depots have seen a significant reduction in their sickness absence from musculoskeletal injuries. Sickness has been reduced at one depot from 16% to 6% within the first 3 months of our services.

Alongside their Back Pain Prevention Workshops Jon has designed "Back Pain Awareness Days and Fit For Work Days". These are popular for businesses running on site health days for employees and include gym ball classes, one to one consultations, advice stands and massage sessions.

FitBack have an ever increasing team of Physiotherapists who are able to cover all areas of the UK and are aiming to become recognised as the leading provider of onsite physiotherapy services to businesses and with our innovative approach to manual handling we know we can deliver the most complete service to help keep you all fit for life both in work and out.

www.fitback.co.uk



RESPONSIBILITIES OF THE FIRST AIDER

So you have successfully dealt with an incident at work that required your first aid knowledge. Hopefully it wasn't too serious and you feel good about how you coped.

Unfortunately your job may not be finished.

1. **FIRST AID KIT:** You may have used items from your First Aid kit; don't forget to replenish it and put it back where you got it from. There's nothing worse than having to deal with the next incident and finding it empty. Your kit should be easily accessible and clearly identified with a white cross on a green background.
2. **CLEANING:** The area may need attention. Body fluids may have to be cleaned away for the health and safety of others (contamination and/ or slip hazards)
3. **PAPERWORK;** this may vary between companies but you may be required to complete the accident book. (This may be filled in by any person on behalf of the casualty or by the casualty themselves) It may be useful to complete a report form which should be factual, accurate and concise. Your employer will have their own systems in place – make yourself aware.

Remember that dealing with incidents can affect different people in different ways. Do not be afraid to seek help yourself, it may help to talk about your feelings after the event if that is what you want. Other first aiders can be a great source of support and empathize with your situation but other avenues should also be available to you.

You have a responsibility to look after yourself as well as the casualty before, during AND after the incident.

£20.00 Wordsearch

F	I	T	F	O	R	W	O	R	K	T	E	A
I	P	R	E	V	E	N	T	I	O	N	X	R
T	O	I	R	N	T	G	S	S	E	R	E	H
B	A	S	E	N	C	E	T	A	K	I	R	T
A	C	C	T	E	H	T	B	Y	P	S	C	Y
C	O	M	P	R	E	S	S	I	O	N	I	E
K	R	O	A	V	E	E	P	F	U	B	S	R
P	U	L	S	N	U	T	T	I	R	A	E	U
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I	T	N	A	U	N	A	M	H	U	Y	C	S
N	E	R	V	Y	L	I	L	P	A	P	H	O
Y	P	A	R	E	H	T	O	I	S	Y	H	P

1. FITBACK
2. COMPRESSION
3. STRETCH
4. PHYSIOTHERAPY
5. BACKPAIN
6. POSTURE
7. BASE
8. NERVE
9. RISK
10. GET SET
11. EXERCISE
12. PREVENTION
13. FIT FOR WORK
14. MANUAL
15. ABSENT

Of the 15 words/ phrases listed only 14 can be found in the grid; running in straight lines in any direction. Find the one not included, e-mail your answer to mail@getsettraining.co.uk by 3rd April 2009. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.