



# Newsletter

January 2009



## STROKE

### Manual handling

A very valid question was asked last week during a training session.....

**Q.** What can you (*the trainer*) do to ensure I (*the course member*) change the habits of manual handling that can cause the injuries?

**A.** I went through the raising of consciousness of possible injuries/ the right techniques to utilize/ the newsletters/ posters/ possible implementation of back care teams for continual monitoring etc...

What I should have said was that I should just wait...  
... continue the bad lifting habits and when the injuries come you will stop twisting, you will pick things up right, you will pull/ push as we advocate because your body will naturally adopt the posture that causes least strain and so least pain... think about it.

**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

The Stroke Association has held a massive campaign over recent months to raise awareness of the size of the problem in the UK and the dramatic effect **FAST** recognition leading to effective medical treatment can have in terms of recovery. Prompt action can prevent further damage to the brain and help someone make a full recovery. Delay can result in death or major long-term disabilities, such as paralysis, severe memory loss and communication problems. I make no apologies for duplicating small sections of their website if it helps someone recognize a stroke early and enable that early care to help them and their families.

**Get Set Training Ltd HSE reg. 19/08**

### What if the symptoms go away?

A mini stroke (or Transient Ischaemic Attack) is similar to a full stroke but the symptoms may only last a couple of minutes and will have totally gone within 24hrs. Don't ignore it – it could lead to a major stroke. See your GP as soon as possible and ask to be referred to a specialist stroke service. This should happen within 7 days.

### What is FAST?

[www.stroke.org.uk](http://www.stroke.org.uk)



Fast requires an assessment of 3 specific symptoms of stroke.

**Facial weakness** – can the person smile? Has their mouth or eye dropped?

**Arm weakness** – can the person raise both arms?

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

**Time to call 999**

### £20.00 caption competition



The best caption to the image above judged by the office staff will receive £20.00 in M&S vouchers.

The closing date will be 6<sup>th</sup> February 2009. you can enter by e-mailing us at [mail@getsettraining.co.uk](mailto:mail@getsettraining.co.uk) or visit our website and use the "contact us" page.

Winner of the November "What word am I" competition was Stephen Dean of Iceland Foods, the correct answer was APPLE