



McTIMONEY CHIROPRACTIC ASSOCIATION™

Mr M J Walters
Backs! 2005 Stakeholder Liaison
Health & Safety Executive
East & South East Division
International House
Dover Place
ASHFORD, Kent TN23 1HU

14 September

Dear Mr Walters

I am writing this letter to show that **McTimoney Chiropractic Association** fully supports the Backs! 2005 campaign.

McTimoney chiropractic Association is taking the following action as part of Backs! 2005:

- Action 1:** Offer any company free spine checks for employees and highlight any imbalances in the spine that may lead to problems that can be aggravated at work.
- Action 2:** Advise all patients of the HSE initiative and distribute information for sensible precautions and promote the use of lifting and handling aids where applicable.
- Action 3:** Conduct seminars for business back health in general.

It is anticipated that the above action(s) will bring about the following improvements in the workplace:

- Effect 1:** Assess employees and give them the opportunity to ensure that their back is correctly aligned, potentially resulting in far less chance of back injuries and pain.
- Effect 2:** Access large patient base and ensure circulation of the latest guidelines on prevention of injuries.
- Effect3:** Greater awareness among employees about their bodies and how they should use them to help protect their back.

The McTimoney Chiropractic Association is committed to working with the Health & Safety Executive and Local Authorities to help reduce in the long term, the cost to industry and society of back pain and other musculo-skeletal disorders (MSDs) in the workplace.

Yours sincerely

Christina Cunliffe
Chair