

Emmie Galilee  
Stakeholder Liaison  
Better Backs Campaign  
Health and Safety Executive  
Rose Court  
2 Southwark Bridge  
London SE1 9HS

date: Friday 14<sup>th</sup> December 2007

Dear Emmie

*Burdens Limited* is delighted to support this year's Better Backs campaign which aims to reduce the incidence and impact of back pain and upper limb disorders caused or made worse by work and to reduce the number of working days lost to these causes.

We have set ourselves the following goals with view to tackling back pain and upper limb disorders in our work place:

- ***Deliver job specific manual handling training during 2008***
- ***Running a poster campaign related to WRULD***
- ***Improving mechanical handling to lessen the need to manual handle***
- ***Developing better risk assessments by utilising tools such as MAC***
- ***Improving our culture so we are better prepared to prevent accidents occurring***
- ***Developing our internal safety team to be DSE assessors***
- ***Undertaking 1-to-1 DSE assessments during 2008***

We plan to achieve our goals by taking the following actions:

- ***Using our internal safety officers to deliver specific, recorded training sessions***
- ***Run a poster campaign during one of the quarters during 2008***
- ***Introduce new FLT grab trucks to lift a vast range of product that would currently be manually handled***
- ***Trial MAC as a new assessment method throughout 2008***
- ***Further promotion of 'Near Miss' reporting and improved Management/Supervisory level training courses***
- ***Undertake DSE assessor training during January 2008***
- ***Undertake DSE assessments and record during safety surveys throughout 2008***

*Burdens Limited* is committed to working with HSE and the Local Authorities on this issue - together we can make a real difference.

Yours sincerely



Ryan Coles  
Group Health & Safety Officer