

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



Health First

18/10/2007

Dear Emmie,

Health First Tyne & Wear Community Interest Company 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:

- **To introduce information on work place back pain and limb disorders**
- **To introduce a 'daily personal health care concept' to prevent & treat back and limb problems without professional medical assistance**
- **To prevent and minimise back pain and limb disorders of staff in various industries & occupations through machine massage**
- **To introduce a new machine-based treatment model to tackle back pain and limb problems**
- **To reduce organisations' budget on staff health care**

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

- **To holding information sessions and spread knowledge on back pain and limb disorders**
- **To offer FOREVER FREE machine massage services to staff from involving organisations**

Health First Tyne & Wear Community Interest Company is committed to working with HSE and the Local Authorities on this issue - together we can make a real difference.

Yours sincerely

Victoria (Fang) Chao
General Manager