

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

date: 9 January 2008

Dear Emmie

HME (Handling Movement and Ergonomics Ltd) 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 continue to provide and develop the highest quality evidence based information and training***
- ***To keep our existing clients up to date and inform as many new people as possible about the services we offer***
- ***To further encourage our own staff and clients to stay healthy and active***

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

- ***To continue to provide monthly development days for all HME staff and ensure attendance at all relevant conferences***
- ***To implement our competency testing procedures on training courses***
- ***To better inform existing and potential clients about our expertise and evidence of successful exceptionally effective learning and skills development recognised in 2007 by a National Training Award***
- ***To plan a publicity drive including regular newsletters, and further website development***
- ***To hold an open day at HME House in October to promote back care in conjunction with national campaigns***
- ***To include a new healthy activity in our monthly team meetings***
- ***To arrange 3 out of work health promotion days (Health spa day, team walk, fun activity day)***
- ***To develop the health promotion session in our training courses***

HME (Handling Movement and Ergonomics Ltd) is committed to working with HSE and the Local Authorities on this issue - together we can make a real difference.



Yours sincerely

Rosemary Rodgers
Director

Rosemary

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