

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

17 October 2007

Dear Emmie

The Institute of Grassland and Environmental Research, North Wyke Research Station 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 engage and encourage staff to participate in a range of activities that will provide and encourage them to take regular breaks and exercise throughout their working day

Develop an increased awareness of the risks of Musculoskeletal Disorders (MSD's) from repetitive work or poor postures

To ensure that all staff have the opportunity to take part in at least one activity during the week

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

Talk on "Living with MSD's"

A programme of lunchtime walks

Fitness equipment taster sessions

Providing demonstration of stretching and relaxation exercises that can be done at the workstation

Yoga sessions

Head and neck massages

Limerick Competition about MSD's

The Institute of Grassland and Environmental Research, North Wyke Research Station is committed to working with HSE and the Local Authorities on this issue - together we can make a real difference.

Yours sincerely

Chris Huckle

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