

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

date: 22<sup>nd</sup> November 2007

Dear Emmie

North Wales Police 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 raise awareness in healthy lifestyle choices through our Lifestyle Matters project.**
- **To improve general fitness levels throughout our organisation.**
- **To prevent the incidence of any work related MSD injury, through improved awareness training.**
- **To improve overall work attendance levels**

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

- Improved access to health & wellbeing, help, guidance and advice through our dedicated, access for all, safety, and health & wellbeing web site.
- Appointment of a physical health co-ordinator, the funding for which we have applied in a joint initiative with North Wales Fire and Rescue, to the Sports Council for Wales.
- We have a Cycle to Work scheme up and running which is open to all staff with support and incentive for cycle purchase.
- Fitness testing for all police officers on an annual basis.
- Annual refresher training in the ergonomic importance of DSE usage.
- Revised Manual Handling training package for all staff, with emphasis placed on MSD risks and the prevention of injury.

North Wales Police is committed to working with HSE and the Local Authorities on this issue - together we can make a real difference.

Yours sincerely

Mike Wilson  
Safety, Health & Wellbeing Services Manager