

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



date: 25/11/2007

Dear Emmie

*Seymour (Civil Engineering Contractors) 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:

- Educate all our employees about manual handling
- Show employees mechanical aids to use and help avoid back injuries
- Provide all office staff with DSE training

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

- **Training sessions on manual handling**
- **All employees to use mechanical aids provided**
- 

*Seymour (Civil Engineering Contractors) Limited* is committed to working with HSE and the Local Authorities on this issue - together we can make a real difference.

Yours sincerely

*Stephen Race*  
*Safety & Training Manager*