



MOVING & HANDLING
AWARENESS DAY

11th
June

DID YOU KNOW...

People with disabilities in the UK report that they experience barriers with accessibility. Moving and Handling support can help to overcome some barriers and offer the chance for a more positive lived experience.



Want to learn more and see how you can help reduce these numbers? Visit www.nationalbackexchange.org or scan the QR code.



Supporters:



What can you do?



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Disability is the disadvantage or restriction of activity caused by the political, economic and cultural norms of a society that takes little or no account of people who have impairments and thus excludes them from mainstream activity.

In The lived experience of disabled people in the UK: a review of evidence, published in July 2025, the evidence revealed that across 13 areas of life, people with disabilities experience barriers to participation.

Article 9 of the UN Convention on the Rights of Persons with Disabilities emphasises the importance of accessibility for persons with disabilities to live independently and participate fully in society. Accessibility might be; physical environment, information and communication or public services.

Many moving and handling teams will assist the people they work with to access activities that they might have been told in the past were not possible for them. Sue Hain, an Independent Moving and Handling adviser wrote in the Handling of People 7 about enabling a primary school wheelchair user to access a water sports activity with their class.

Speak to your local Moving and Handling adviser to hear about what an average day might be for them. It could range from supporting someone to be moved during the night by their loved one so that they can continue to sleep in the bed they want, accessing a toilet with ease to allow privacy, or getting onto a horse for a hack in the woods. Everyone has their own goals and wishes, moving and handling can help with the transfers to enable them.

Sources:

The lived experience of disabled people in the UK: a review of evidence - GOV.UK

Article 9 – Accessibility | United Nations Enable

