



MOVING & HANDLING
AWARENESS DAY

11th
June

DID YOU KNOW...

In GB health & social care, 1 in 5 RIDDOR staff injuries were caused by handling, lifting or carrying.

96% of those handling-related reports were over-7-day injuries.



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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Ergonomics (human factors) is the discipline concerned with understanding “the interactions among humans and other elements of a system” - and applying that understanding to design work so it supports human wellbeing and overall system performance.

Work as imagined isn't always Work as done.

Moving & Handling Practitioners investigate incidents and RIDDOR to understand **work as done** - then make ergonomic recommendations that improve the task, equipment, environment and the work system as a whole, to reduce injury, support wellbeing, improve system performance, and enable safer care.



HSE RIDDOR statistics (Human health & social work activities, 2024/25 provisional) and International Ergonomics Association definition of ergonomics/human factors.