



MOVING & HANDLING
AWARENESS DAY

11th
June

DID YOU KNOW...

According to World Health Organisation, physical activity programmes that include balance, strength, gait, and functional training are associated with a reduced rate of falls and risk of injury from falls in older adults.



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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✓ Promote movement as part of everyday life

Encourage regular activity that supports balance, strength and coordination - not just structured exercise sessions.

✓ Support functional movement

Activities that reflect real-life tasks (standing, stepping, turning, reaching) help people stay confident and capable in daily life.

✓ Encourage safe participation, not avoidance

Reducing falls risk is not about stopping people from moving - it's about helping them move well and safely.

✓ Integrate movement into care and support plans

Physical activity should be considered alongside moving and handling decisions, equipment use and support strategies.

✓ Review and adapt as needs change

Abilities vary over time. Regular review ensures activity continues to support independence and safety.

Supporting movement, strength and balance helps people stay active, independent and safer for longer.



Reference: WHO guidelines on Physical Activity and Sedentary Behaviour - NCBI Bookshelf.