



MOVING & HANDLING
AWARENESS DAY

11th
June

DID YOU KNOW...

Around 1 in 3 workplace injuries are caused by poor moving and handling - making it one of the biggest risks in adult social care. It's not just carers, it's not just managers, safe Moving & Handling is everyone's responsibility.



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



Supporters:



How to Reduce Workplace Injuries



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✓ Recognise shared responsibility

Safe moving and handling is everyone's responsibility - across roles, teams and organisations.

✓ Design safer systems of work

Plan tasks, environments and resources to reduce unnecessary handling and risk before the activity begins.

✓ Support confident, competent practice

Ensure people have the skills, knowledge and support to make safe, proportionate decisions.

✓ Encourage open communication

Raise concerns early, learn from incidents and near misses, and challenge unsafe practice constructively.

✓ Review, reflect and improve

Regularly review practice, equipment and systems to prevent injury rather than react to it.

Good moving and handling protects staff, supports people, and strengthens the whole system.



Reference: Health and Safety Executive, non fatal injuries at work in Great Britain.