

MOST BACK PAIN AND BACK INJURIES CAN BE AVOIDED

1. Be aware of your Back Posture at all times.
2. Watch how you work, go gently, build up to a manoeuvre!
3. Stop and Think:
"Can I manage it?"
"Can the person help themselves?"
"Do I need to change the surroundings?"
"Do I need help from someone else?"
4. Communicate: Discuss what you are going to do. Position yourself correctly. Decide who will lead. Ready ...Steady ... Move!



5. If you get tired or your back starts to ache - Stop... Rest...
Tell Someone
6. Don't stay in one position too long, stop and have a good stretch.
7. Be well prepared yourself - in the clothing you wear and the environment.
8. Don't use your back as a lever - Keep it straight
9. Don't twist, stoop or over reach.
10. Bend your knees

WOULD YOU LIKE SOME ADVICE OR TRAINING ?

AIMS & OBJECTIVES

◆ To bring about positive health gains for carer and user by reducing back pain and injury.

◆ Via the Back Care Adviser, to offer training and advice in safe moving and handling techniques.

◆ To work across agencies promoting the needs of carers.

CONTACTS

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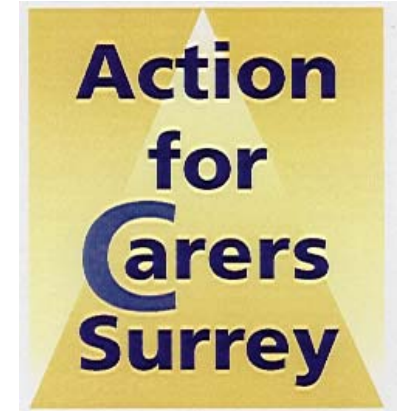
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ACTION FOR CARERS (SURREY)
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OTHER USEFUL NUMBERS

- East Surrey Carers Support:01883 347900
- Waverley Carers Support: 01252 718166
- Guildford Carers Support: 01483 458123
- Oxted Social Care Team: 01883 717311
- Redhill & Reigate Social Care Team:
01737 737888
- Guildford Social Care Team:01483 517700
- Waverley Social Care Team:01483 518383
- Cranleigh & Godalming Social Care Team:
01483 518998
- Children with Disabilities Team West Surrey:
01483 517950
- Children with Disabilities Team East:
01737 789094
- National Back Pain Association: 0208 977 5474
- Crossroads - East Surrey: 01883 344025
- Crossroads - Guildford & Waverley:
01252 313323
- Carersnet - www.carersnet.org.uk



MOVING & HANDLING BACK CARE TEAM

Providing
Advice and Training

for Carers
In
Guildford and Waverley
Redhill, Reigate and
Tandridge

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