



Take care of your back and it will take care of you

A staggering 40% of injuries to radiographers are caused by manual handling injuries and strains.

Musculoskeletal damage is rarely caused by one incident, but develops over time.

- **Make sure you have up-to-date moving and handling training**
- **Review and remember safe handling techniques**
- **If you need help, ask for it. Don't try and do it on your own**
- **Ask the patient to help you to help them**
- **You can injure them, as well as yourself**
- **Explain clearly what you want them to do**
- **Take your time**

Check if your department has undertaken a manual handling risk assessment.

If you have concerns, speak to your workplace
SoR Health & Safety Representative, or your manager.

Go to <https://www.sor.org/trade-union-support/health-safety/manual-handling-patients>