



Do you physically support someone?

Do you physically support someone with a disability or illness?



Our Moving & Handling Team can give you free advice and training, helping you look after your back and use equipment safely.

For more information, please get in touch

☎ call 0303 040 1234 📞 text 07714 075993

✉ movingandhandling@actionforcarers.org.uk

www.actionforcarers.org.uk



Charity Registration No 1116714