



**Don't let work  
be a pain. Always  
avoid, assess and  
reduce risks.**

Since 2019, back or neck problems  
have risen by 28 per cent to 217,000.

[www.britsafe.in](http://www.britsafe.in)

Poster reference P195 © British Safety Council (India) LLP is incorporated pursuant to section 12(1)  
of the Limited Liability Partnership Act 2008. Registered in Mumbai, Maharashtra No.AAK-2086.

Source: Office for National Statistics, UK, Jan-Mar 2023.