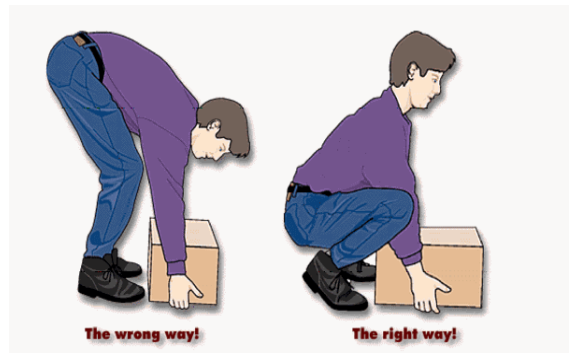


BACK TO THE BASICS WHEN CARING FOR CHILDREN

Lifting your child is something that you do many times throughout the day. It is important to remember to lift correctly and safely. Lifting and holding children throughout the day can put increased stress on your body. Slow down and take time to do things correctly when caring for children. This will help avoid back pain and other possible injuries.

SAFE LIFTING TECHNIQUES

- Don't bend at the waist.
- Keep your back straight.
- Keep your feet shoulder width apart.
- Hold child as close to your body as possible when lifting.
- Avoid twisting when lifting.
- Squat down at knees when lifting a child from the floor.
- Use your legs to lift the weight.



SAFE HOLDING TECHNIQUES

- Avoid holding a toddler on your hip. Hold the child in front of your body with their legs around your waist.
- Bring the child as close to your body as possible when holding.
- When holding a child, use a chair with a back support or sit against something for support.
- Keep back straight and shoulders back when holding a child.



REMEMBER:

BACK STRAIGHT

AVOID TWISTING

CLOSE TO BODY

KEEP SMOOTH



1. Place one foot next to child and place one bent knee next to child. Keep back straight and place one hand under the child's head and the other hand under the child's body.
2. As you lift the child, pull the child close to your body while keeping your back straight.
3. Hold the child close to your body and position yourself into a tall kneel. Prepare yourself to stand.
4. While holding the child close to your body, begin the stand by extending your legs while still keeping your back straight and keeping the child close to your body.
5. Lift the child upward until you're in a standing position and hold the child close to your body with your back straight.

