

## Do's & Don't of Safe Lifting

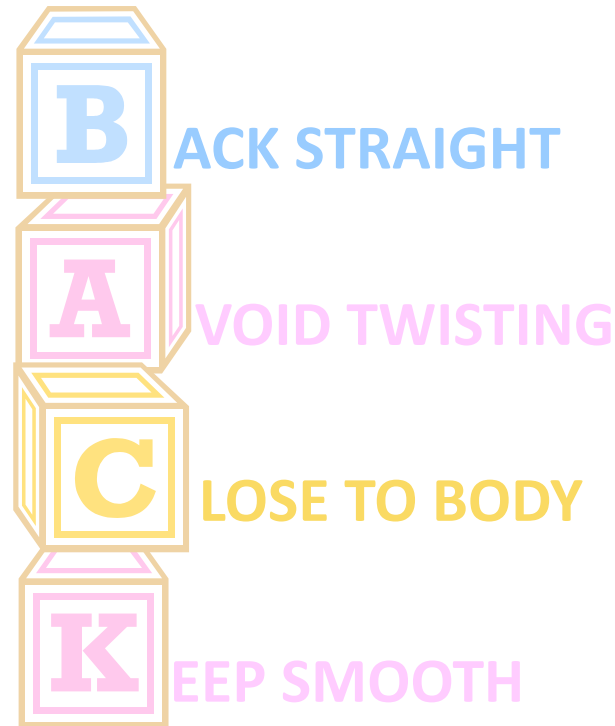
### Do.....

- Place your feet and knees at least shoulder width apart or front to back in a wide-step position. This will allow you to bend at the hips, while keeping your back relatively straight.
- Squat with your chest and buttocks sticking out. If you do this correctly, your back will be flat and your neck will balance in a relaxed neutral position.
- Take weight off one or both arms if possible.
- When you squat down or push back up, use your hand or elbow as support on your thigh or any available structure. This takes some of the compression and strain off of your lower back.

### Don't.....

- Lift with your feet close together as it can result in poor leverage, instability, and a tendency to round your back.
- Lift with your knees and hips straight.
- Tense or twist your neck when lifting.

Use the following acronym as a guide when engaging in child handling procedures:



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For additional questions please contact EHS at  
**512-471-3511** or HealthPoint,  
**512-471-40HP(4647)**

We'd like to thank the Occupational Health Clinics for  
Ontario Workers for making their information  
available for use.

## Safe Lifting for Child Care Workers



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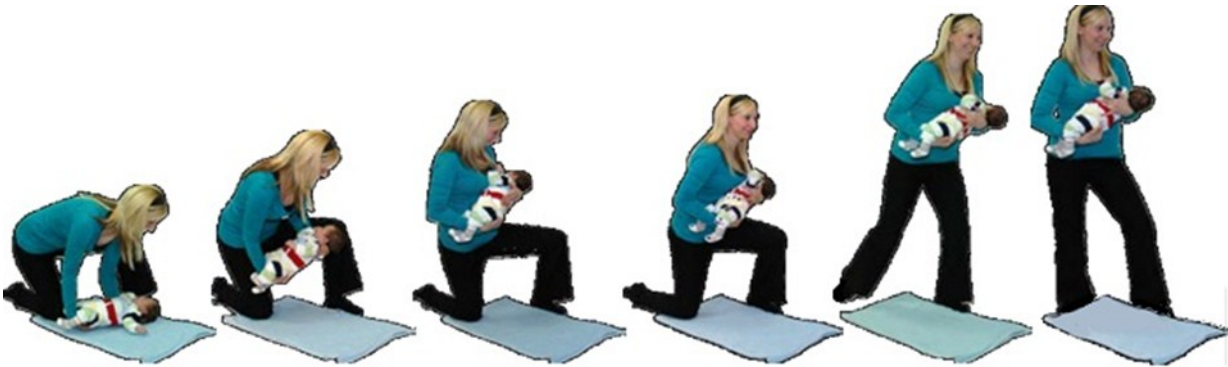
 Environmental  
Health & Safety

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**HealthPoint**  
Balance & Well-Being in Work & Life  
Occupational Health Program

## Infant Lifting Technique — “Tripod Lift”

- 1) Put one foot next to the infant. Keep your back straight, push your buttocks out and slowly lower yourself down onto one knee.
- 2) Position the infant close to your knee on the floor.
- 3) Slide the infant from your knee on the floor to mid-thigh, Keep your head forward, your back straight, your buttocks out, and lift the infant onto the opposite thigh.
- 4) Put both of your forearms under the infant with your palms facing upward and hug the infant close to you.
- 5) Prepare for the lift by looking forward.



## Toddler & Object Lifting Technique

- Avoid bending from the waist to reach children or objects located at ground level.
- Squat with feet shoulder width apart, keeping your back straight, and pushing your buttocks out to bring yourself as close to the child as possible, while holding the child securely.



## Holding Technique

- When holding toddlers, you should avoid placing them on one hip.



## The Pivot Technique

- Use the Pivot technique for lifts requiring to turn. This will help to avoid twisting when lifting.
- Properly lift the infant using the infant lifting technique.
- Hold the infant close to your body.
- Turn your foot 90 degrees towards the direction you wish to move.
- Bring your other foot next to the lead foot.
- **Do not twist your body!**



## Other Ways to Reduce Risk of Back Injury When Caring for Children

- Store frequently used or heavy items in an easily accessible area and at waist height.
- Avoid bending down at the waist to interact with children. Instead use a squatting or kneeling position.
- If possible when sitting on the floor, sit against a wall, or furniture to support your back.
- Minimize repetitive bending and stooping when cleaning up toys, etc. Incorporate this into children’s routine.

