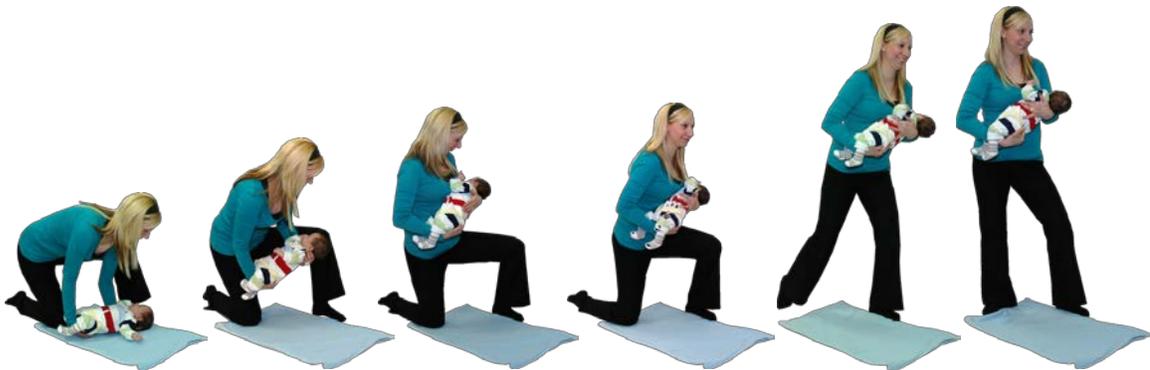


**Lifting Children Safely**

- 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, while keeping 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.
- 6) Lift upwards following your head and shoulders. Hold the infant close to your body. Lift by extending your legs while keeping your back straight and buttocks out. Remember to breathe as you lift.

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

When holding or rocking children, use chairs or furniture with upper back support.

Keep children centered on your body and use both arms to hold.

It is also helpful to teach the children to help you lift by holding onto your body rather than leaning away from you.

**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. Rather incorporate this into children's clean up time.

Lower the sides of cribs when lifting or lowering a child.

Used with permission from *Safe Lifting Techniques of Children* (revised 2012/05/01); Occupational Health Clinics for Ontario Workers Inc., [www.ohcow.on.ca](http://www.ohcow.on.ca)

**Safety Talk Discussion**

**Be Accountable: Choose safety - work safe - and go home injury free!**