









Child Care and Your Back!

Childcare workers are exposed to a number of hazards on a daily basis. Bending, stooping, twisting, reaching, lifting, and carrying are all activities that increase the risk of an injury. Using proper posture and ergonomic techniques can reduce the risk of strain or sprain injuries to childcare workers. Following are recommendations you can follow to reduce your risk of injury.

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| <ul style="list-style-type: none"> Incorrect lifting: lifting with back rather than knees Straight legs place strain on lower back.  | <ul style="list-style-type: none"> Stand close to the child While keeping your back straight, place one foot slightly forward of the other foot and lower yourself onto one knee Grasp the child with both arms and hold them close to your body Push with your legs, and slowly return to the standing position. Keep your back straight at all times and core muscles engaged To sit the child down, gently squat down and bend your legs  |
| <ul style="list-style-type: none"> Repeatedly holding a child in one arm and on one hip can lead to hip and other joint pain.  | <ul style="list-style-type: none"> Child should be held close and centered to your body - avoid holding them in one arm and balanced on the hip  |
| <ul style="list-style-type: none"> Heavy loads  | <ul style="list-style-type: none"> Reduce size and weight of loads <ul style="list-style-type: none"> Smaller garbage bags equal less weight Relocate garbage cart closer to work area Provide carts for assistance – place cans on dollies for easy transport  |