

Do's and Don't for Safe Lifting

"Do not lift with your **back**, lift with your legs"

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.
- Lift children that are too heavy for you.



OHCOW has trained professionals who can provide medical surveillance. In addition, occupational hygiene and ergonomic services can be provided free of charge.

For More Information
<http://www.ohcow.on.ca>
<http://www.wohis.org>



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**PREVENTION
THROUGH INTERVENTION**

Safe Lifting Techniques of Children



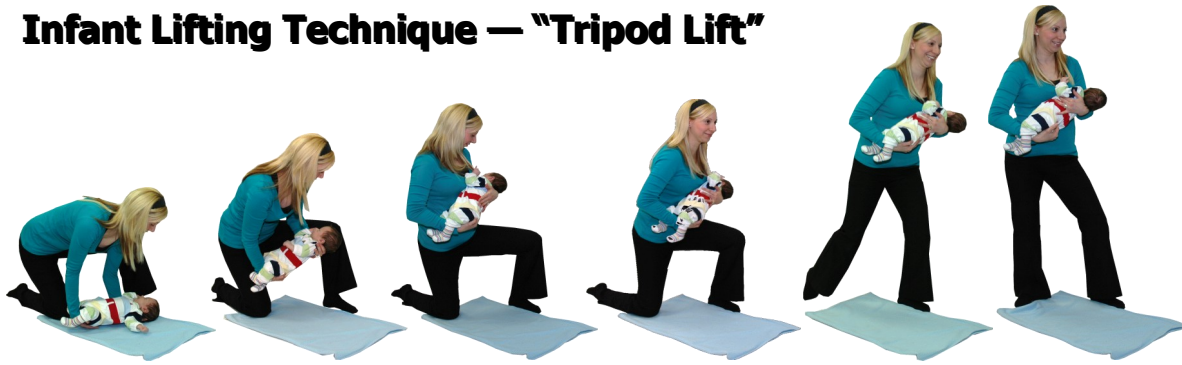
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Infant Lifting Technique — “Tripod Lift”



- 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, 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.

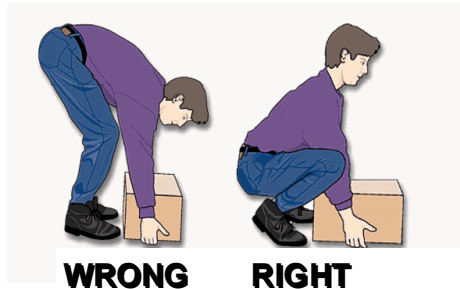
Acronym to Remember

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

Back Straight
Avoid Twisting
Close to Body
Keep Smooth

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.
- Tighten stomach muscles, look forward, use your thigh muscles to raise yourself. Remember to breath out as you lift.



Holding Technique



- 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.

The Pivot Technique

- Use the Pivot technique for lifts requiring to turn. This will help 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. Rather incorporate this into children’s clean up time.
- Lower the sides of cribs when lifting/lowering a child.