

## PROPER LIFTING TECHNIQUES TO KEEP YOUR BACK HEALTHY

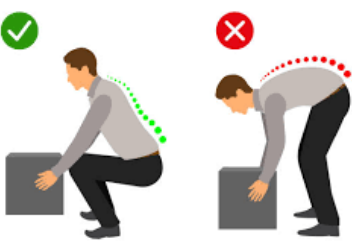
Back pain is the most common cause of job-related disability and more people miss days of work for back pain when compared to illness. Therefore, it's important to know how to keep your back healthy when working with children. Often low back pain is related to overuse, strain or injury. Causes include too much bending, twisting, lifting or even sitting.

### FOLLOW THESE GUIDELINES TO KEEP YOUR BACK HEALTHY:

DO:	DON'T:
<ul style="list-style-type: none"> <li>• <b>Plan ahead</b> before lifting heavy objects or children.</li> <li>• Make sure you have a <b>clear path</b>.</li> <li>• <b>Test the load</b> to make sure it is not too heavy.</li> <li>• <b>Ask for help</b> if a child/object is too heavy.</li> <li>• <b>Lift with your legs</b> not your back.</li> <li>• <b>Always squat</b> bending at your hips and knees.</li> <li>• Kneeling and/or half-kneeling are ok.</li> <li>• Keep a <b>wide base of support</b>.</li> <li>• <b>Keep the child or object as close</b> to you as possible.</li> <li>• <b>Lead with your feet</b> instead of twisting at your waist.</li> <li>• <b>Push, don't pull</b>.</li> </ul>	<ul style="list-style-type: none"> <li>• Bend your back forward while lifting.</li> <li>• Twist while lifting.</li> <li>• Carry children or objects in a bent over position.</li> <li>• Pull objects.</li> </ul>

### CHILD SPECIFIC RECOMMENDATIONS:

- Move slowly when providing physical support, **ask for permission to physically support a child, and tell the child what you are doing!**
- **Never pull on a child's arms or legs** especially if they have low muscle tone. They are at risk for dislocation.
- If you are holding a child's hand and they are likely to pull on you or fall put your other hand on their trunk on the opposite side of the hand you are holding. This will give you more control and prevent you from having to pull on their arm if they are falling or pulling on you.
- Always move a child by holding them at their pelvis, trunk, or shoulders.
- Always gather equipment first (i.e. stroller, car seat, chair, gym equipment, etc.) before moving a child. Don't get the equipment with a child in your arms.

<p><b>BACK STRAIGHT (NEUTRAL)</b>  <b>AVOID TWISTING</b>  <b>CLOSE TO BODY</b>  <b>KEEP SMOOTH</b></p>		<p><b>EXAMPLE:</b></p> <ul style="list-style-type: none"> <li>• Picking a child/object up off the floor.</li> <li>• Squat down bending your hips and knees.</li> <li>• Bring load close to your body.</li> <li>• Use your legs to stand up (not your back).</li> <li>• Move your feet to turn (don't twist at your waist or lead with your shoulders).</li> </ul>
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