

CLIMBING WALLS:

- Make sure you **have your hands on their torso** or close to their hips so if they lose their footing or need support you are in the best position to assist them.
- Always assist from below.
- **Do not pull on their arms or legs.**
- Use verbal cues prior to physical support.



STAIRS:

- Position your body behind them when going up stairs and in front of them when going down stairs.
- If a child falls, they will most likely fall down the stairs so you **always want to be on the downside of the stair.**

