



Safely Lifting Children

When it's time to pick up a child, be sure to use proper lifting techniques to avoid injuries.

Do:

- ✓ Bend at the knees and keep feet shoulder width apart
- ✓ Keep your back as straight as possible
- ✓ Pull in your abdominal muscles and tuck in your rear end
- ✓ Rely on your leg muscles to bear the weight
- ✓ Hold the child very close to your body
- ✓ Keep your knees bent as you lift
- ✓ Lift slowly and gradually



Don't:

- ✗ Lift if your back hurts
- ✗ Lift if you have a history of back trouble
- ✗ Bend at the waist to pick up a child
- ✗ Arch your back when lifting or carrying anything
- ✗ Lift quickly or with a jerking movement
- ✗ Try to lift a child with one arm
- ✗ Lift with your feet too close together

