



## ▲ LIFTING AND CARRYING CHILDREN

### ▲ SAFE LIFTING AND CARRYING

Early Childhood education and care settings require employees to practice safe lifting and carrying techniques. Injuries can occur when incorrectly lifting and carrying children. To minimise risks of injury, FROEBEL employees are to follow safe lifting techniques when they are required to lift or carry children.

### ▲ LIFTING CHILDREN

- Assess the situation and place your feet in a straight position.
- Keep your breastbone as elevated as possible.
- Bend your knees (do not stoop). Correct foot placement maintains balance.
- Keep your back straight.
- Brace your stomach muscles.
- Get down close to children's level, facing them.
- Stand up, with the child directly in front of you (do not carry children on the hip) – keeping your feet a little apart. Hold the child close to your centre of gravity i.e. around your navel.
- Both hands should be used to keep a firm hold of the child
- Whilst carrying a child avoid stepping over partitions, toys or equipment. Go around however, where necessary, step over sideways.
- Do not reach for a child or twist your body in any ways.

### ▲ SITTING WITH CHILDREN

- Sit on a chair with good back support.
- Use a chair that is a suitable height i.e. preferably on adult's chair.
- Sit with the child directly in front where possible.



### ▲ WORKING AT TABLE LEVEL/CHILD'S LEVEL

- Do not stoop.
- Squat or kneel to the table/child's level.
- Position your body close to the child/or the table.

### ▲ FEEDING CHILDREN

- Do not stoop or reach to serve children.
- Sit or kneel to assist, always keeping your back straight.
- If feeding a child in a highchair, remain close, facing the child.

### ▲ PLACING CHILDREN IN COTS

- Prepare cots before children are placed in the cot, and ensure sides are always lowered.
- Ensure sufficient access around each cot to be able to lift or lower children without reaching over the length of the cot.
- Maintain wheels, wheel-locks and drop-down sides on cots so they work effectively.
- If cots are wheeled: - ensure appropriately sized wheels - assess floor surfaces for minimal friction for cots to be wheeled with minimal resistance.

### ▲ NAPPY CHANGE

- Children who can walk use steps to access the change mat
- All supplies to be within reach, and reduce need for twisting or bending

- **Last review** 24.04.2023
- **Next review:** 24.04.2024