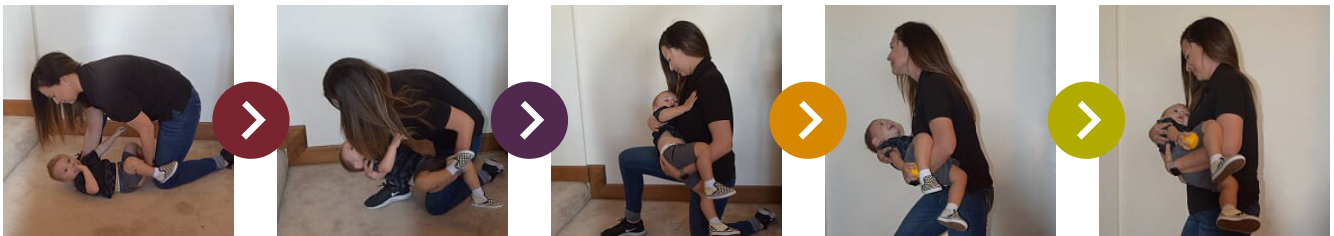


Early Childhood Educator Lifting Techniques

Infant Lifting Technique – “Tripod Lift”

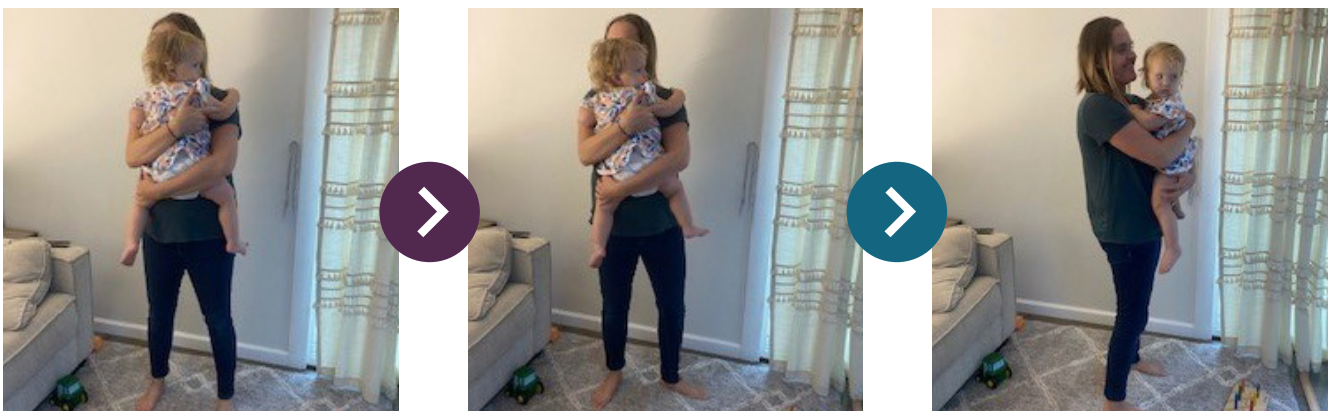
1. Put one foot next to the infant. Make sure you maintain the natural curves in your back and slowly lower yourself down onto one knee.
2. Position the infant close to your knee on the floor. Slide the infant from your knee on the floor to mid-thigh, keep your head forward, still maintaining the natural curves in your back, your buttocks out, and lift the infant onto the opposite thigh.
3. Put both of your forearms under the infant with palms facing upward, bring the infant close to you.
4. Prepare for the lift by looking forward, keep your chin up.
5. Lift upwards following your head and shoulders. Hold the infant close to your body. Lift by extending your legs. Remember to breathe as you lift.



The Pivot Technique

This technique is for lifts that require you to turn. This will eliminate twisting.

1. Start by using the infant lifting technique.
2. Hold the infant close to your body. Move your lead foot towards the direction you wish to travel.
3. Bring your other foot next to the lead foot. Turn your whole body toward the direction you are moving and do not twist your body!



Holding Technique

1. When holding toddlers, you should avoid placing them on one hip.
2. When holding or rocking children, use chairs or furniture with upper back support. Keep children centered on your body and using both arms to hold.
3. Teach children to help you lift by leaning toward you rather than leaning away from you.
4. Have children step up to changing tables or use step stools to reach sinks.



Toddler and Object Lifting Technique

1. Avoid bending from the waist to reach children or objects located at ground level.
2. Squat with feet shoulder-width apart, keeping the natural curves in your back, and squat to bring yourself as close to the child as possible. Hold the child securely.
3. Tighten stomach muscles and look forward with your chin up and use your leg muscles to raise yourself up.

Other Ways to Reduce the Risk of Back Injury When Caring for Children

1. Store frequently used or heavy items in an easily accessible area and at waist height.
2. Avoid bending at the waist to interact with children. Instead, use a squatting or kneeling position.
3. If possible, when sitting on the floor, sit against a wall, or use furniture to support your back.
4. Minimize repetitive bending and stooping when cleaning up toys, etc. Incorporate this into children's clean up time.
5. Lower the sides of cribs when lifting/lowering a child.