



## Safe Child Lifting Practices

Injuries happen when supervision is low, when children are participating in activities that are not suitable for their age, and when environmental conditions are not safe. As a caregiver you have to be aware of the risks within your program. Take steps to make it a safer place for you and the children you care for.

### DO'S AND DON'TS OF LIFTING CHILDREN IN YOUR CARE

#### DO

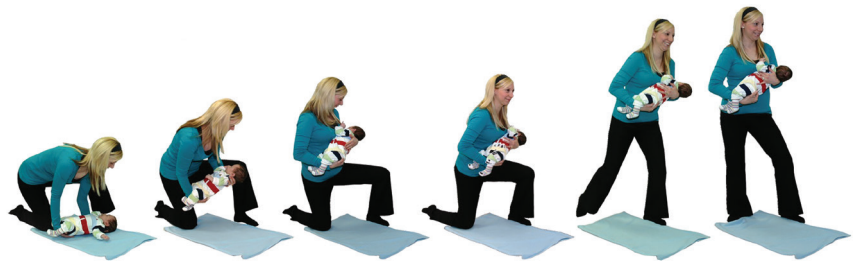
- Stand with feet shoulder width apart
- Bend at the waist
- Keep your back straight
- Use both hands
- Place hands around waist or gently under armpits of the child
- Hold the child close

#### DON'T

- Stand with your feet close together
- Twist while lifting
- Attempt to pick up more than one child
- Hold the child with one hand or on your hip
- Attempt to lift the child by his/her arms
- Hold the child away from your body

### LIFTING TECHNIQUE

- Get down next to the child
- Place one knee on the ground for stability
- Place hands around waist (toddler) or behind the neck and bottom (infant)
- Pull the child close to your body
- Shift weight onto front foot
- Push through your legs while holding your back straight until you have reached the standing position



### COMMON INJURIES IN CHILDREN DUE TO UNSAFE LIFTING

- Dislocation of the shoulder, arm, or wrist
- Nursemaid's elbow - dislocation of the elbow caused by sudden pull of the forearm
- Pinched nerves

### SIGNS THAT YOUR CHILD IS SUFFERING

- Not many children have physical signs of these injuries but will usually stop using the injured arm
- In some cases slight swelling can be seen
- Often times it will be tender to the touch

### PREVENTION

- Ensure that you are not tugging or pulling on a child's arm
- Lift children from their waist or gently under their armpits
- Avoid swinging or jerking the child's arm

### SAFELY DEALING WITH TANTRUMS

The best way to deal with tantrums is to be proactive; this can lessen the chance of having one. Always take a second to assess the situation and plan your response. Do not lift the child during a tantrum unless they are in danger of hurting themselves or others, if you must lift the child to remove him/her from the area do so using the technique discussed earlier. Lift them using the bended knee method and hold them close to your body.

In a daycare environment ensure your staff is all properly trained on safe ways to lift children from their chairs, the ground, or cribs. If you notice an increase in injuries to children in your care, be sure to retrain staff and monitor for continued safety.