

Work Health & Safety

Safe Lifting for Early Childhood Educators and Staff



Take Care: Lift and Move Safely!

Always:

- Stop, think and plan your moves. Consider any risks.
- Get assistance if you need it by way of another person or a mechanical device.

Be sure to:

- Keep what you're carrying close to your body and make sure it's stable.
- Maintain the natural curves of your body.
- Keep your body balanced—feet flat and apart and facing the work.
- Turn with your feet—avoid twisting your body.

It assists you to:

- Use your lower abdominal muscles.
- Lower yourself by leaning your trunk forward, bending from your hips and slightly bending your knees.
- Work with strong joint/muscle positions.



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