

Reducing the Risk of Injury to Child Care Workers

Lifting and Bending

Working with young children may involve some actions or movements that can present risk of musculoskeletal injury (MSI).

MSI risk factors related to child care may include:

- Working in awkward postures, such as bending forward, reaching or twisting
- Using force, for example, when lifting a child or moving furniture
- Holding the same position for a length of time
- Repeating the same movements frequently

What you can do to help reduce the risk of MSI

Consider the following tips to reduce the risk:

Sit down to interact with children instead of bending forward for a length of time. Choose a chair with a comfortable height to lessen the stress on knees.



Walk children up stairs to the change table to avoid lifting multiple times (even with good posture).



Use equipment and furniture that allow you to work in upright positions as much as possible. Collect toys and other small items with a rake and a lobby dustpan, and use a long-handled mop to wipe down tables.

If you use a cloth to wipe, support your upper body weight by placing a hand on your thigh when bending forward, and walk around the table to minimize reaching.



Instead of storing trikes on hooks, store only light items overhead and have children roll in trikes.



If you need to carry a child, hold the child in front of your body instead of on your hip, and keep hips and knees in neutral posture (that is, not hyperextended).

Be sure to keep your wrist straight to reduce risk of injury to the wrist.



Learn more about reducing MSI risk factors at worksafebc.com/ergonomics.