Safely Lifting Children

When it’s time to pick up a child, be sure to use proper lifting techniques to avoid injuries.

**Do:**

- Bend at the knees and keep feet shoulder width apart
- Keep your back as straight as possible
- Pull in your abdominal muscles and tuck in your rear end
- Rely on your leg muscles to bear the weight
- Hold the child very close to your body
- Keep your knees bent as you lift
- Lift slowly and gradually

**Don’t:**

- Lift if your back hurts
- Lift if you have a history of back trouble
- Bend at the waist to pick up a child
- Arch your back when lifting or carrying anything
- Lift quickly or with a jerking movement
- Try to lift a child with one arm
- Lift with your feet too close together