

# Posture Tips for Daycare Workers

Lifting and carrying a child, picking toys up off of the floor, pushing strollers and carts are normal daily tasks for daycare workers. Here are some tips to help accomplish these activities without injury.

## Lifting

When picking up a child from the floor, use a half-kneel lift. Stand close to the child while keeping your back straight; place one foot slightly forward of the other, bend your hips and knees to lower yourself onto one knee. Grasp the child with both arms and hold them close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position.



## Carrying

When holding or carrying a child, you should always hold them close to you and balanced in the center of your body. Avoid holding them in one arm and balanced on your hip for long periods of time. If using a child carrier, be sure to keep your back straight and shoulders back to avoid straining your back and neck.



## Pushing

When pushing a child in a stroller or toy, stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.



## Picking Up

Cleaning up can be constant; keep your head and back straight and while bending at the waist, extend one leg off the floor straight behind you. If picking up multiple toys; half-kneel, allowing your back to remain straight while keeping your shoulders back as much as possible.

