

Welcome to our information guide for safe lifting.

This guide provides essential tips for parents and carers about safe moving and handling to avoid injuries.

Lifting Technique

Avoid bending from the waist to reach children or objects located at ground level.

Squat with feet shoulder-width apart, keep your back straight, and push your buttocks out to bring yourself close to the child or object as possible while holding securely.

Holding Technique

When holding toddlers, you should avoid placing them on one hip. This will cause strain on one side of the back. Always keep the child close to your body.

Reducing risk of back injury

Store frequently used or heavy items in an easily accessible area and at waist height.

Avoid bending down at the waist to interact with children. Instead, use a squatting or kneeling position.

When sitting on the floor, sit against a wall or furniture if possible to support your back.

Minimise repetitive bending and stooping when cleaning up toys etc. Incorporate this into children's routines.

Dos and don'ts of safe lifting

Do... Get everything ready

Make sure there is enough room to lift and that you can bend your knees.

Put your feet in the direction of travel. If you are moving something towards you or away from you, then position your feet in a walk stance. If moving something sideways, put feet astride.

Bend your knees and bring the weight as close to your body as possible. Get the weight balanced.

Use a whole hand grip.

When taking the weight, brace your back, hold your tummy in and then look up as you lift. Lift by straightening your knees.

When pushing, pulling or transferring things over a very short distance, use your body weight by rocking across your feet rather than pulling with your arms.

To put things down, do everything in reverse. Keep the load close to you, your back straight, head up and tummy in. Lower the load by bending your knees.

Don't.... Move if it's too heavy.
Lift with your feet close together as it
can result in poor leverage,
instability and a tendency to round
your back.

Lift with your knees and hips
straight.

Tense or twist your neck when
lifting.

PATIENT INFORMATION

Safe Lifting for parents and carers of children with additional needs Information Guide

www.childrenandfamilyhealthdevon.nhs.uk

For further assistance or to
receive this information in a
different format, please contact
the department which created
this leaflet.