

Protect Your Back

Follow these recommendations to reduce the risk of injury while you care for young children.



National Center on

Health, Behavioral Health, and Safety

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<https://eclkc.ohs.acf.hhs.gov/health>



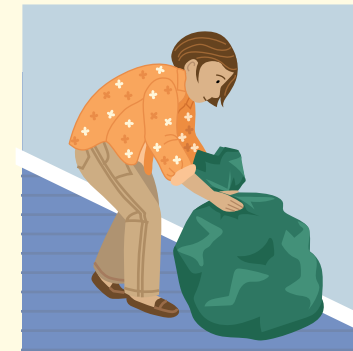
Avoid sitting on the floor too long without back support



Don't lift children with your back



Avoid twisting your body when lifting



Don't carry heavy loads by yourself

1

USE BACK SUPPORT AND STRETCH



Use the wall, furniture, or large pillow for back support



Do stretching exercises

2

LIFT SMART



As you lift, bend your knees and keep the child close to you

3

AVOID TWISTING WHILE LIFTING



Point your feet in the direction of the lift

4

AVOID CARRYING HEAVY LOADS



Carry lighter loads



Use a cart, or get a co-worker to help you