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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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







LIFT

SMART





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



Do stretching exercises



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



Point your feet in the direction of the lift

Carry lighter loads



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