

WORK SMARTER, NOT HARDER

Think Ergonomics and fit the task to the person!



1 USE BACK SUPPORT AND STRETCH



Avoid sitting on the floor too long without back support.



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



Do stretching exercises.



2 LIFT SMART



Don't lift children with your back.



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



3 AVOID TWISTING WHILE LIFTING



Avoid twisting your body when lifting.



Point your feet in the direction of the lift.



4 AVOID CARRYING HEAVY LOADS



Don't carry heavy loads by yourself.



Carry lighter loads.



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



Contact your West Bend agent to learn more about job safety or for more information, visit cultureofsafety.com/childcare.