# A screen shot of a computer Description automatically generatedBack Safety: Childcare Safety talk

Back injuries are common in many industries including childcare. In a daycare setting when injuries occur, it disturbs the everyday routine for the caretaker, the staff and the children. You can avoid back injuries by following a few simple tips.

* Try to move around and change positions often. Refrain from sitting or standing for extended periods of time.
* If sitting for prolonged periods is necessary, lean against a wall for back support.
* Store items where you can be reached easily without straining.
* When bending over, squat down bending your knees. Do not bend at your waist to take pressure off your lower back.
* When lifting an item, ensure you have a firm grasp before lifting.
* While lifting do not twist at your waist. Turn your feet in the direction you are walking.
* Slow down and do not get in a hurry to accomplish your task.
* Ask for help if an object is too heavy or bulky to lift alone.
* Whenever possible, use material handling aids such as carts or dollies to move items.
* Have children pick up toys and store them away after use.
* Always use carts to transport food trays.
* Maintain your health by eating right, exercising, and getting enough rest.

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