

# MOVING AND ASSISTING STUDENTS

## ✓ Prevent Back Injuries While Assisting Students

- Stepstools should be used to help students reach areas such as sinks and other elevated surfaces
- Sit down or kneel with a child rather than picking them up
- Bend your knees, with back straight when assisting
- Think before acting; if a child can be guided or assisted rather than fully lifting and moving them, do so
- If a student cannot be safely lifted or moved, seek help

## ✓ When it is Necessary to Lift or Move a Student

- Place feet and knees shoulder width apart and directly face the student
  - Bend at the knees and keep the back straight
  - Take the student with both arms and keep them as close as possible
  - Do not twist while standing and move slowly
  - Once upright it is safe to turn and slowly place the student in the new position
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- A stylized illustration in the bottom right corner shows a pair of hands, one larger and one smaller, holding a student. The student is depicted as a grey silhouette with a white outline, sitting on a grid pattern. The hands are also grey silhouettes, with the larger hand supporting the student from below and the smaller hand resting on their shoulder.

# Moving and Assisting Students Training Guide

Below are questions and talking guides for moving and assisting students.

## Reaching

What can be provided where possible to help a student reach a level that is too high?

When possible, provide a stepstool for children to assist themselves with accessing an area that is too high.

## Moving Safety

What should be done if we feel that we cannot safely move a student?

Seek help. Do not perform assistance that may put us or the student in danger of a fall.

## Discussion

- Discuss past scenarios and solutions when lifting or assisting had to take place
- Review and demonstrate safe lifting postures and actions
- What lifting aids are available to avoid having to manually lift students
- Department specific guidelines for safe assistance

## Conclusion

Awkward and heavy lifting can be detrimental to back health if not handled in a thoughtful and safe manner. Think through these types of tasks before acting and seek help when needed.