

# EARLY CHILDHOOD EDUCATOR LIFTING TECHNIQUES

## INFANT LIFTING TECHNIQUE—"TRIPOD LIFT"

1. Put one foot next to the infant. Keep your back straight, push your buttocks out and slowly lower yourself down onto one knee.
2. Position the infant close to your knee on the floor.
3. Slide the infant from your knee on the floor to mid-thigh, keep your head forward, your back straight, your buttocks out, and lift the infant onto the opposite thigh.
4. Put both of your forearms under the infant with your palms facing upward and hug the infant close to you.
5. Prepare for the lift by looking forward.
6. Lift upwards following your head and shoulders. Hold the infant close to your body. Lift by extending your legs while keeping your back straight and buttocks out. Remember to breathe as you lift.



## THE PIVOT TECHNIQUE

- Use the Pivot technique for lifts requiring to turn. This will help twisting when lifting.
- Properly lift the infant using the infant lifting technique.
- Hold the infant close to your body.
- Turn your foot 90 degrees towards the direction you wish to move.
- Bring your other foot next to the lead foot.  
**Do not twist your body!**

### Acronym to Remember

Use the following acronym as a guide when engaging in child handling procedures:

**B**ack Straight  
**A**void Twisting  
**C**lose to Body  
**K**eep Smooth



## TODDLER & OBJECT LIFTING TECHNIQUE

- Avoid bending from the waist to reach children or objects located at ground level.
- Squat with feet shoulder width apart, keeping your back straight, and pushing your buttocks out to bring yourself as close to the child as possible, while holding the child securely.
- Tighten stomach muscles and look forward and use your thigh muscles to raise yourself, while breathing out as you lift.

## OTHER WAYS TO REDUCE RISK OF BACK INJURY WHEN CARING FOR CHILDREN

- Store frequently used or heavy items in an easily accessible area and at waist height.
- Avoid bending down at the waist to interact with children. Instead use a squatting or kneeling position.
- If possible when sitting on the floor, sit against a wall, or furniture to support your back.
- Minimize repetitive bending and stooping when cleaning up toys, etc. Rather incorporate this into children's clean up time.
- Lower the sides of cribs when lifting/lowering a child.

## HOLDING TECHNIQUE

- When holding toddlers, you should avoid placing them on one hip.
- When holding or rocking children, use chairs or furniture with upper back support.
- Keeping children centered on you body and using both arms to hold.
- It is also helpful to teach the children to help you lift by holding onto your body rather than leaning away from you.
- When holding or rocking children, use chairs or furniture with upper back.

