

WORK SMARTER, NOT JUST HARDER

Think Ergonomics-fitting the task to the person
For very small businesses-child care providers



Avoid sitting on the floor too long without back support

1 USE BACK SUPPORT AND STRETCH



Use the wall, furniture or large pillow for back support

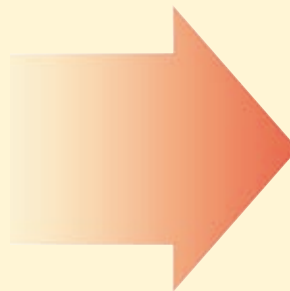


Do stretching exercises



Don't lift children with your back

2 LIFT SMART

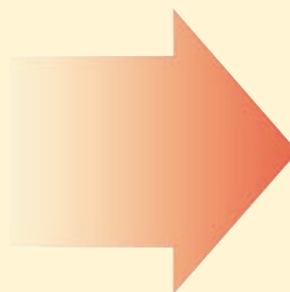


As you lift, bend your knees and keep the child close to you



Avoid twisting your body when lifting

3 AVOID TWISTING WHILE LIFTING

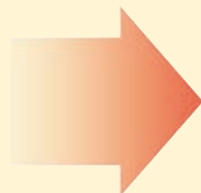


Point your feet in the direction of the lift



Don't carry heavy loads by yourself

4 AVOID CARRYING HEAVY LOADS



Carry lighter loads



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