



INJURY-FREE WORKPLACES. PROSPERING.

MSI & FALLS PREVENTION INTERACTIVE QUIZ: TRANSCRIPT

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SAFETY CONCERNS

1. Lifting
 - a. Lifting children, toys, supplies, etc.
 - b. Frequent lifting or Incorrect technique
2. Carrying
 - a. Carrying or holding children
 - b. Carrying garbage or diaper bags
3. Reaching
 - a. Reaching above shoulder height (e.g. to obtain stored supplies)
 - b. Bending or stooping to pick up objects
4. Awkward Positions
 - a. Sitting at child-size tables or in child-size chairs
 - b. Awkward standing and posture
 - c. Frequent sitting on floor with back unsupported
5. Pushing
 - a. Pushing or applying force to large strollers or wheeled toys
6. Repetitive Work
 - a. Arts and crafts
 - b. Diaper changing
7. Sudden Load Bearing
 - a. Reaching for a falling object or child
8. Poor Housekeeping
 - a. Fall hazards (toys, supplies, etc. not put away)
 - b. Slipping hazards (wet)
 - c. Lack of open walkways (bumps, trips, falls)

HOW TO WORK SAFELY

LIFTING

1. What is the best way to avoid injury from lifting?
 - a. Don't lift! Ask yourself – *Do I really need to lift this child?*
2. What are some ways you can reduce the danger of heavy lifting?
 - a. Lift properly
 - b. Small garbage bags = lighter loads
 - c. Encourage independence of children. For example, steps up to a change table so toddlers do not have to be lifted.
3. What are the correct steps to lifting a child safely?
 - a. Use a **Half-Kneel Lift**
 - i. Stand close to the child
 - ii. Keep your back straight and place one foot slightly forward of the other foot
 - iii. Lower yourself to one knee
 - iv. Grasp the child with both arms and hold them close to your body
 - v. Push with your legs to return to standing position
 - vi. Use the safe half-kneel technique to put them back down

CARRYING

1. What is the safest way to carry/hold a child?
 - a. When holding or carrying a child, always hold them close and centered to your body.
2. What are some common “holds” that can actually cause harm to your body?
 - a. The straight-arm technique, when there has been a spill or accident, can contribute to shoulder or back injuries.
 - b. Avoid holding them in one arm and balanced on your hip, this posture can also be harmful to your back, shoulder and arm.
3. When carrying a load, such as a child or a heavy bag of diapers, what is the best way to navigate around corners?
 - a. Lift first – do not twist and lift.
 - b. Move your feet first – not your torso.
 - c. Once your feet are positioned, walk straight in the direction you want to go.

REACHING

1. What is the most dangerous type of “reach”?
 - a. Reaching above shoulder height
 - b. Also dangerous is reaching to the floor (between feet and knees)
2. What are some ways to reduce the hazards associated with reaching?
 - a. Redesign areas with a lot of reaching – such as the kitchen area.
 - b. Keep heaviest items closest to waist height.
 - c. Reorganize snacks and supplies to simplify preparation procedures
 - d. Utilize step stools when retrieving items above cupboard height.
 - e. Use locked cupboards or containers instead of heights for safe storage of materials.
3. What factors can make reaching even more dangerous?
 - a. Reaching above shoulder height
 - b. Reaching for heavy objects
 - c. Reaching and twisting
 - d. Using an unsecure object as a stool (such as a rolling chair or a child-sized step stool)
 - e. Reaching for things you cannot see – may have to reach further than planned, or run into other hazards such as sharp objects that are not visible.

AWKWARD POSITIONS

1. What are some situations that may cause child care providers to be in awkward positions?
 - a. Sitting in child-sized chairs or at child-sized tables
 - b. Sitting on the floor
2. What mitigation techniques can be used to decrease the risks of awkward positions?
 - a. Stretches and exercise
 - b. Frequent breaks
 - c. Job rotation (formal or informal)
3. What are some changes that can be made to reduce the frequency and duration of awkward positions?
 - a. Find a chair that will allow employees to slide their legs under the table
 - b. Use sit/kneel chairs

- c. Provide adult-sized chairs in situations where sitting is frequent or long term
- d. When sitting on floor – sit against wall or furniture for back support

PUSHING

1. What kind of activities may cause a child care provider to have to using a “pushing” motion?
 - a. Pushing a stroller
 - b. Pushing a child on a wheeled toy
 - c. Pushing a table or other furniture out of the way for activities or other furniture moving
2. What is a safer way to move furniture or very heavy items?
 - a. Get help – use the buddy system
 - b. Use a dolly or hand truck (some kind of aid)
3. What is the proper position to push safely?
 - a. Stay as close as possible
 - b. Allow your back to remain straight and your shoulders back
 - c. The pushing force should come from your legs, not from your arms

REPETITIVE WORK

1. What types of repetitive tasks are present in the child care environment?
 - a. Arts and crafts
 - b. Changing diapers
 - c. Food preparation
 - d. ...others?
2. What parts of the body are most at risk from repetitive strain injuries in child care environments?
 - a. Back
 - b. Shoulders
3. What strategies (some already discussed) could be used to reduce the risk of repetitive strain injuries?
 - a. Job rotation
 - b. Stretch breaks and exercise
 - c. Child involvement / independence – child gets onto own chair instead of needing to be lifted repeatedly

- d. Adult sized chairs for arts and crafts (reducing awkward position and bending/stooping)
- e. Store most commonly used items where they are accessible from a normal standing position (e.g. in the kitchen)

SUDDEN LOAD BEARING

1. What is “sudden load bearing”?
 - a. When, without warning, a worker catches or lifts a heavy object, such as a toy or child
2. What are some situations in which a child care provider would suddenly bear a load?
 - a. Child falling
 - b. Toy/object falling
 - c. Child jumping into arms
 - d. Something thrown towards worker
3. Why might sudden load bearing be more dangerous than a controlled lift?
 - a. No time to get into proper position
 - b. Often the lift will start at the half way point, so not all of your muscles are engaged
 - c. Not able to determine the weight prior to lifting – and children are often heavier than they appear
 - d. If you are reaching / bending to catch a falling object, such as a toy or a child, you will not be in a safe lifting position to start

POOR HOUSEKEEPING

1. What is the most costly (i.e. serious) type of injury claim in the child care environment?
 - a. **Falls** – average cost of a fall injury claim is almost \$7,000. That is almost twice as costly as the second most expensive type of injury claim – bodily reaction or overexertion (strains, sprains from lifting/twisting/bending)
 - b. The most common type of “fall” is a “fall to the floor”
 - c. Other types of falls include falls down stairs, falls against objects (such as shelves, tables and doors) and falls from ladders
2. What can be done to ensure poor housekeeping is not a risk?
 - a. Pick up toys and other objects when not in use
 - b. Wipe up wet spills and mark damp areas for a slip hazard

- c. Ensure walkways are kept clean (e.g. keep toys in play areas and not in hallways or on stairs)
- d. Encourage child independence and have them help with “clean up” when not using certain toys or activities
- e. Never carry an object or child in such a way that impedes your vision – you need to be able to see to avoid trips and falls!

MORE SAFETY TIPS

- Practice good body positioning when lifting, carrying, and doing repetitive tasks
- Use adult furniture or back support whenever possible, especially when sitting for long durations or frequently throughout the day
- Rotate through different activities throughout the day – minimizing the risk of repetitive strain injuries and keeping you day interesting!
- Encourage child independence – this reduces your need to lift/carry, as well as encourages good housekeeping and fewer trip/fall hazards
- Take stretch breaks and get lots of exercise – a strong body is a great defence
- Get active! Not only is it good for you and your body, it’s a great example for the children as well

RESOURCES

- Childcare Provider Back Injuries
 - <http://www.cultureofsafety.com/childcare/back-injuries/>
- California Childcare Health Program
 - http://www.ucsfchildcarehealth.org/pdfs/Curricula/CCHC/9_CCHC_Staff_Health_0606.pdf
- Ergonomics and the Childcare Environment
 - https://www.whitehutchinson.com/news/learnenews/2008_december/article102.shtml
- Lighten the Load for Childcare Providers
 - <http://rsiguard.remedyinteractive.com/rules-of-ergonomics-lighten-the-load-for-childcare-providers/>
- Child Care Back Injury Prevention
 - http://www.dir.ca.gov/dosh/dosh_publications/erg_childcare.pdf
- WCB Saskatchewan Safety Association Data – Q4 2015