



INJURY-FREE WORKPLACES. PROSPERING.

Moving and Handling in Childcare Settings: Video Discussion

Video Link: <https://www.youtube.com/watch?v=bmBnQhjFMkY>

1. Why are people who work in a child care setting at risk of back injuries?
2. Why is it important to understand how the back works to prevent injuries?
3. What are some key steps to lifting an object properly?
4. If you find yourself in a situation where lifting a child seems necessary, what should you ask yourself first?

Additional Discussion:

1. What changes can you make in your daily tasks to help protect yourself from injury?
2. How is keeping yourself safe and healthy also a benefit to the children you care for?
3. Can you apply any of these safe work principles to your life outside of work?

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