



INJURY-FREE WORKPLACES. PROSPERING.

MSI & Falls Prevention Package for Childcare Providers

The Service and Hospitality Safety Association (SHSA) is committed to helping you make your organization an injury-free workplace. As part of our ongoing commitment, the SHSA has developed this self-guided information package to help you minimize, and eventually eliminate musculoskeletal injuries (MSIs) and falls in your workplace.

The best way to prevent these injuries is proper ergonomics. Ergonomics is ***a way of designing the job, equipment, tools and tasks to fit the worker and help avoid injuries.*** By training each person on the proper way to perform physical tasks, you can help eliminate injuries.

The package includes:

1. Safety Concerns for Childcare Providers

- Outline of the safety concerns contributing to musculoskeletal injuries and falls.
- Printable Word Document

2. PowerPoint: MSI & Falls Prevention Interactive Quiz

- Interactive quiz outlining the safety concerns for childcare providers and how to work safely considering each risk.
- Requires PowerPoint to access the quiz, with in-presentation navigation between sections and for quiz answers.

3. MSI & Falls Prevention Interactive Quiz Transcript

- Text document including all information from the PowerPoint quiz. Opens in Word.

4. Poster: Work Smarter, Not Just Harder

- Overview of basic ergonomics for child care providers
- PDF format, printable on 8.5 x 11 paper.
- Access poster: http://www.dir.ca.gov/dosh/dosh_publications/erg_childcare.pdf

5. Video: Moving and Handling in Childcare Settings

- Back injury prevention – outline of back anatomy and common injuries
- Safe lifting practices – for lifting both inanimate objects and children
- Access video: <https://www.youtube.com/watch?v=bmBnQhjFMkY>

6. Video Discussion

- Discussion questions directly from the video
- Additional discussion questions regarding safe practices

If you have any questions or concerns, or require more information, please feel free to contact us.

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