

# 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

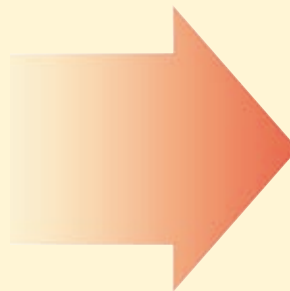


Do stretching exercises



Don't lift children with your back

**2**  
LIFT  
SMART

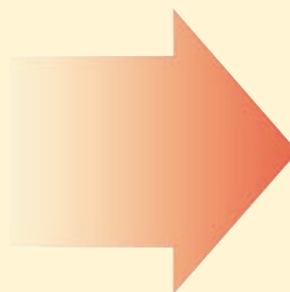


As you lift, bend your knees and keep the child close to you



Avoid twisting your body when lifting

**3**  
AVOID  
TWISTING  
WHILE  
LIFTING

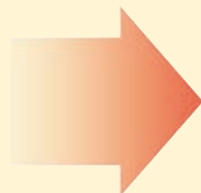


Point your feet in the direction of the lift



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