

## Handling of Children

**Work safely & avoid injuries by following the points below for every task**

- When lifting children the same principles as for lifting any object should be applied, however the potential for the child to move whilst being lifted must be considered.
- Place your feet apart to give a balanced stable base for lifting.
- Your body should face in the direction in which you intend to move.
- Bend the knees and keep back straight.
- When lifting a child keep the child close to you.
- Children wriggle so make sure you have a good grip.
- Wear appropriate clothing so that your clothing does not snag



- Do not bend, twist, stoop or lean back.
- Do not carry a child on your hip.
- Ask for help if required.
- Ensure there is a clear unobstructed route between where the child is to be lifted and where they are to be put down.
- Clear away any obstruc-