Bending, Lifting, and Carrying Little Ones: Preventing Back and Shoulder Injuries Fatality File

Chronic Back Injury Develops From Repetitive Lifting

An early childhood educator experienced increasing lower-back pain over several months. No single incident was reported. The pain worsened during transitions and crib lifts. Eventually, the educator required medical leave.

A review identified frequent lifting from awkward positions and limited use of safer alternatives. After the incident, the program adjusted routines, provided lifting training, and encouraged early reporting of discomfort.

The case highlighted how routine tasks can lead to serious injury when body mechanics are overlooked.

Source: *Osha.gov*