Bending, Lifting, and Carrying Little Ones: Preventing Back and Shoulder Injuries Picture This



The image shows an educator bending at the waist to lift a toddler from the floor while twisting toward a shelf.

What’s wrong is the combination of bending, twisting, and distance from the child. This position places high strain on the lower back.

What should be avoided is lifting while twisted or reaching. The behaviour to model is squatting or kneeling, bringing the child close, and lifting with the legs.