

Avoiding Pain & Strain in an Early Childhood Environment

* Clean Up *



Use available equipment



Organize task to minimize stooping, using available equipment.

Support your upper body when stooping.



Speak with your supervisor or Health, Safety and Wellness Committee if you have any questions or concerns.



This poster was created by Day Nursery Centre's Workplace Health, Safety & Wellness Committee with the assistance from the MFL Occupational Health Centre and financial support from the WCB Community Initiatives Program.