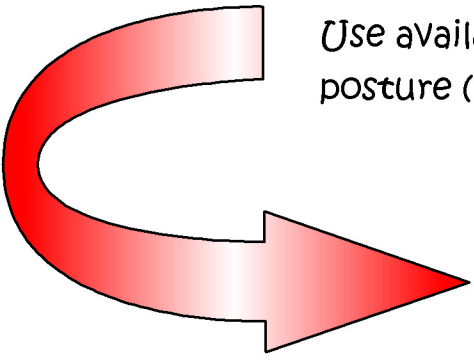


Avoiding Pain & Strain in an Early Childhood Environment

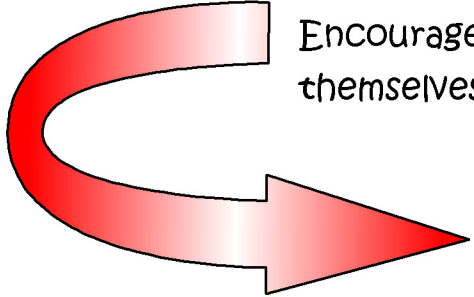
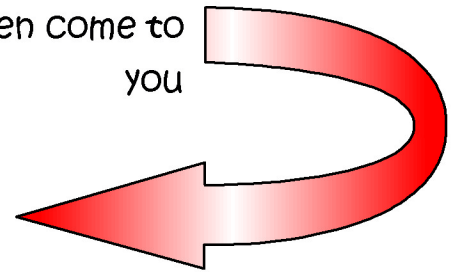
* Dressing Children *



Use available equipment for good posture (i.e. chairs, benches, etc)



Avoid reaching - have children come to you



Encourage children to dress themselves



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.