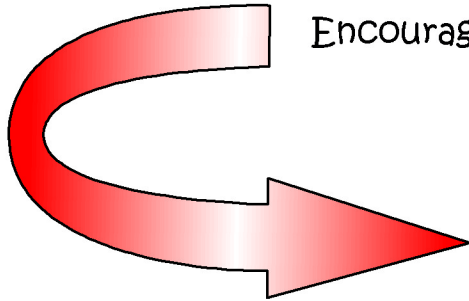


Avoiding Pain & Strain in an Early Childhood Environment

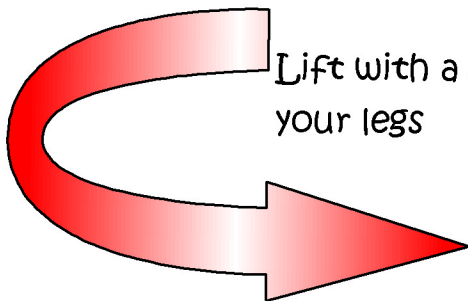
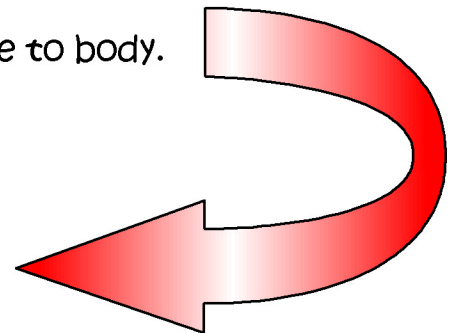
* Lifting Children *



Encourage children to come to you



Keep children close to body.



Lift with a straight back and use your legs



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



SAFE WORK

S SPOT THE HAZARD
A ASSESS THE RISK
F FIND A SAFER WAY
E EVERYDAY

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.