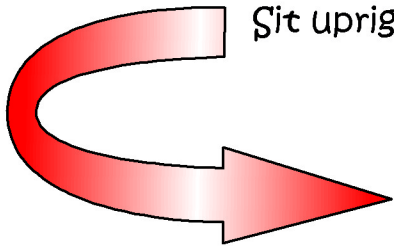


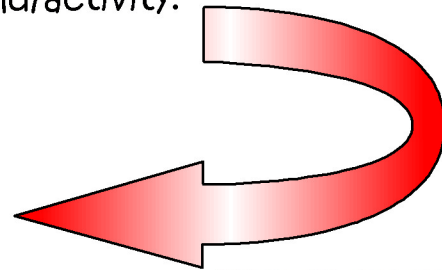
Avoiding Pain & Strain in an Early Childhood Environment

* Sitting *

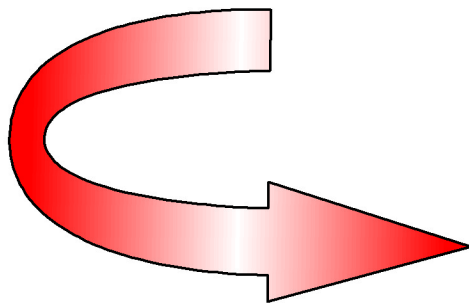
Sit upright - use adult chair.



Use chair adjustments to better position yourself to the level of the child/activity.



Use table or knees to push off when standing up



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.