

Reducing the Risk of Injury to Child Care Workers

Changing Diapers

Changing diapers can involve some actions or movements that can present risk of musculoskeletal injury (MSI).

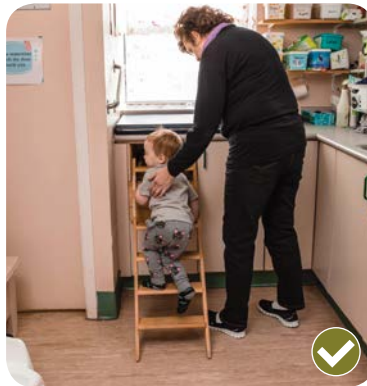
MSI risk factors related to changing diapers may include:

- Working in awkward postures such as bending forward, twisting or reaching over shoulder height or to the side
- Using force, for example, when lifting a child or lifting a full basket with one hand
- Holding the same position for a length of time
- Repeating the same movements frequently

What you can do to help reduce the risk of MSI

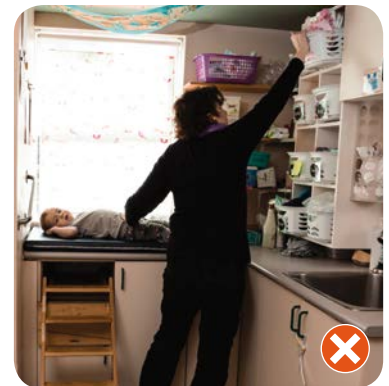
Consider the following tips to reduce the risk:

Encourage children to walk up the stairs instead of lifting them (even with good posture) to the change table. Shown in the picture is a detachable ladder as there was not enough space to build stairs.



Store supplies in cubbies instead of baskets, so that you can take exactly what is needed for the diaper change rather than lifting a full basket.

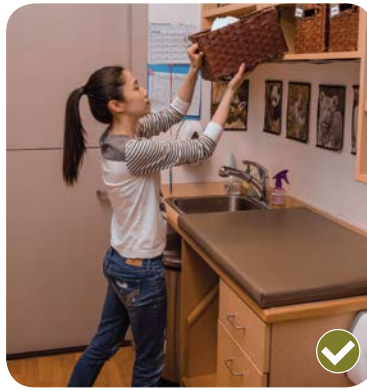
Keep the supplies as close as possible to the change table so that you can reach them at a comfortable height (below shoulder height if possible).



Use two hands to bring down baskets to reduce the amount of force on one hand.

Gather diaper-change supplies before the child climbs up to the change table.

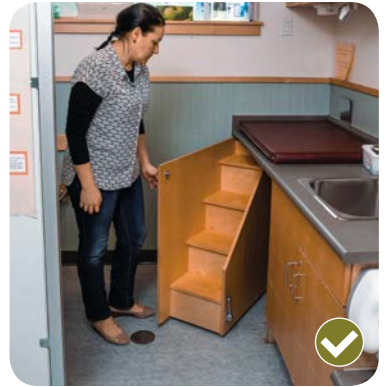
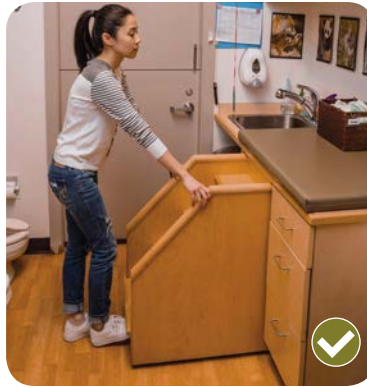
If baskets are used, help reduce the weight by keeping the wipes on the change table to use with all children.



Use stairs that are in place or roll out easily on wheels or tracks so a worker can push and pull with one hand.

Stairs can also be attached to cabinets.

Ensure there is clearance around the table so that workers don't trip over other toileting equipment close by.



Learn more about reducing MSI risk factors at worksafebc.com/ergonomics.