

# Reducing the Risk of Injury to Child Care Workers

## Coat Rooms

Helping children in the coat room may involve some actions or movements that can present risk of musculoskeletal injury (MSI).

MSI risk factors related to coat room assistance may include:

- Working in awkward postures such as bending forward, twisting, and reaching
- Using force, when lifting a child, for example
- 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

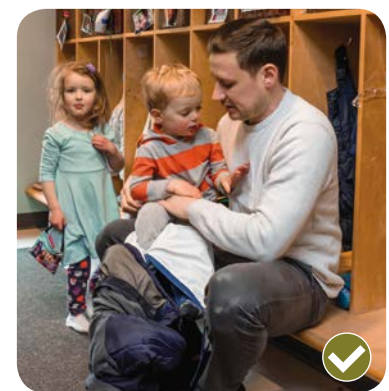
Consider the following tips to reduce the risk:

Sit down to interact with children instead of bending forward. Choose a seat with a comfortable height to lessen the stress on knees.



If necessary, hold the child on your lap to bring them closer to you and minimize bending and reaching.

Consider building ledges in the coat room. In addition to a place to sit, ledges have an added benefit of providing a space underneath to store muddy boots. The space under the ledge can be cleaned with a mop more easily than individual cubbies.



Learn more about reducing MSI risk factors at [worksafebc.com/ergonomics](https://worksafebc.com/ergonomics).