

# Reducing the Risk of Injury to Child Care Workers

## Indoor Activities

Indoor activities with children may involve some actions or movements that can present risk of musculoskeletal injury (MSI).

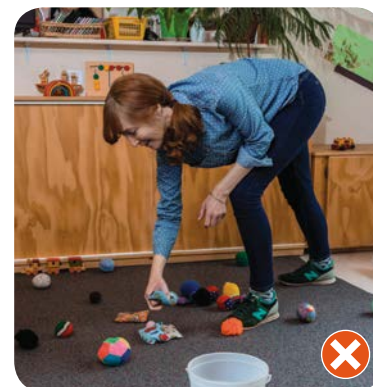
MSI risk factors related to indoor activities may include:

- Working in awkward postures, such as bending forward, twisting, or reaching over shoulder height or to the side
- Working with uneven weight distribution, for example, carrying a child on the hip or holding a book out to the side for a length of time
- Using force, for example, when lifting a child or moving furniture
- 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:

Use equipment that allows you to work in upright positions as much as possible, such as a rake and a lobby dustpan to gather toys.



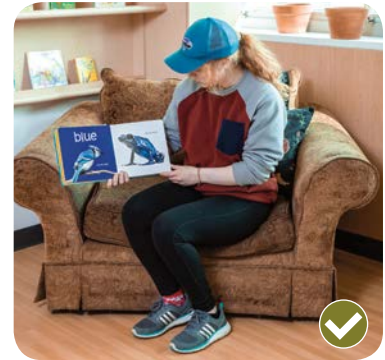
Sit down to interact with children instead of bending forward. Choose a chair with a comfortable height to lessen the stress on knees.



Use a stadium seat with a back support or sit on a cushion with the back supported against a wall. The wall has the added benefit of reducing the risk of children jumping on the worker from behind.



Use an easel to support a book when reading to a group, instead of holding a book off to the side for long periods of time. You could also support the book on your lap while showing the page to a group of children.



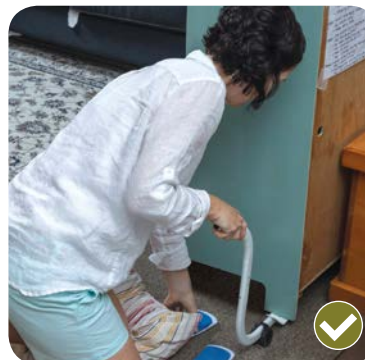
If you need to carry a child, hold the child in front of your body instead of on the hip, keeping hips and knees in neutral posture (that is, not hyperextended).

Be sure to keep your wrist straight to reduce risk of injury to the wrist.



Limit the frequency of furniture rearrangement and focus on moving only accessories rather than large, heavy pieces of furniture.

If you have to move furniture, use slides to reduce the force required to move it.



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