

Reducing the Risk of Injury to Child Care Workers

Outdoor Activities

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

MSI risk factors related to outdoor activities may include:

- Working in awkward postures, such as bending forward, twisting, and reaching over shoulder height or to the side
- Using force, for example, when lifting a child, trike, or other equipment
- 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 strollers or other equipment to move children, instead of wagons, so that leg power can be used while pushing.



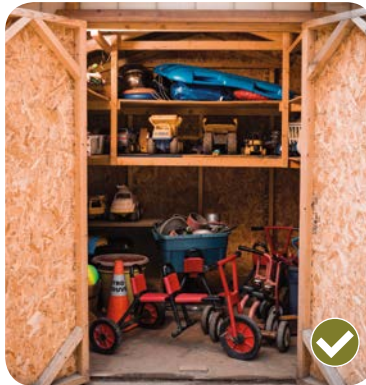
If wagons are used, keep the pulling arm close to your body — extending the arm while pulling risks injury to the shoulder. You may need a wagon with a long handle to be able to keep your arm by your side while walking. Pull only one or two children at a time



Use a wagon with removable sides, so children can climb into the wagon, instead of the worker lifting the child.



Instead of storing trikes on hooks, have children roll them in. Store only light items overhead.



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



Other ideas

- Purchase furniture and equipment that is manageable for staff to handle and move.
- Limit the amount of furniture and equipment getting moved around the area.
- Equipment or containers that can fill with water will be heavy to tip or move. Ensure items either have a plug and can be drained or are covered with a tarp to limit water intake.

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