

# Reducing the Risk of Injury to Child Care Workers

## Sleep and Rest Time

Sleep and rest time may involve some actions or movements that can present risk of musculoskeletal injury (MSI).

MSI risk factors related to sleep and rest time 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

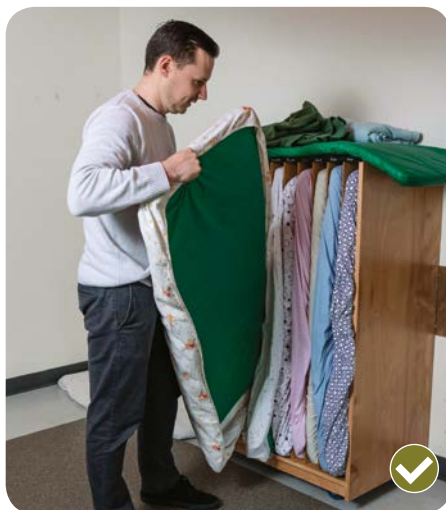
Consider the following tips to reduce the risk:

Use a stadium seat with a back support or sit on a cushion with the back supported against a wall.

Ensure adequate space for staff to sit with children who have difficulty sleeping.



Store mats vertically to reduce the degree and frequency of bending to set up and put away mats.



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