

Reducing the Risk of Injury to Child Care Workers

Stress and Noise

Stress can relate to increased tension within the body as well as fatigue. High noise and reverberation levels in child care settings can lead to increased stress for child care workers, as well as potentially contribute to vocal disorders from prolonged periods of talking louder. For young children, high noise and reverberation levels can present challenges in verbal acquisition and possibly increased irritability.



What you can do to help reduce the risk of injury

Consider the following tips to reduce the risk:

- Add absorbent acoustic materials and noise dampeners in the room.
- Decorate with carpets and fabrics to absorb sound.
- Choose quiet toys and cover speakers on noisy toys.
- Use various rooms instead of one open space and have less children in each location.
- Hold crying children facing away from you to protect your ears from loud sounds.
- Organize the space so that instructions are provided to children in a quiet setting, reducing the risk of vocal strain.
- Slice tennis balls and install on chair legs to decrease the sound when sliding across the floor.
- Design quiet spaces for staff breaks as well as a system for workers who are on their break and want to be quiet without offending co-workers (for example, wearing earphones or a lanyard stating “I’d like some quiet time now”).
- Design drop-off points that allow children and parents to walk past the children’s art and projects. This may help get children excited about being at daycare and less likely to cry when parents leave.



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