

# Reducing the Risk of Injury to Child Care Workers

## Toileting

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

MSI risk factors related to toileting assistance may include:

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

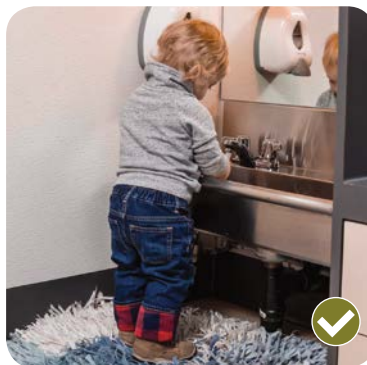
Consider the following tips:

Sit on stools or chairs to be at the child's height rather than bending and stooping.



Wide sinks make it difficult for children to reach the tap. Design the sink height and depth so that it is easy for children to reach the tap on their own. Ideally the tap is below the height of the children's elbows.

Use an adult height sink with a step stool to allow the worker to remain in an upright position.



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