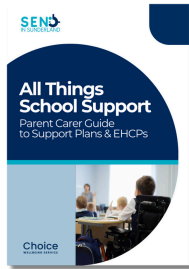
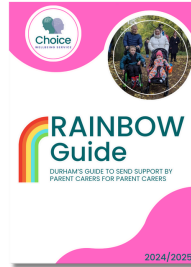
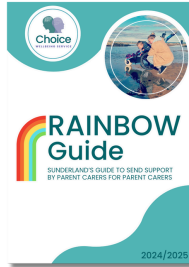


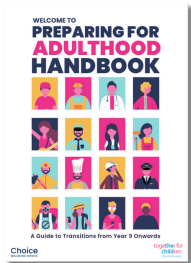
Here are just a few more guides we have available!



Guides on specific subjects



Rainbow Guides



Transitions Guides

# Moving & Handling

## Parent Carer Guide to Moving Safely

# Your Child, Your Choice

Because one size doesn't fit all

Find our website here:



# Moving & Handling

## Safe moving and handling for parent carers

As a parent carer if you are in any doubt of how to move and handle your child safely, discuss your issues with your child's Physiotherapist or Occupational Therapist.

They will be able to discuss what techniques and equipment that may help you move and handle your child more safely.

If you do not have access to a Physiotherapist or Occupational Therapist, then speak with your GP or your child's Paediatrician.

Good moving and handling is all centred on using safer positions for your body to move, if you get this right this helps the muscles work more efficiently and enables them to be less tired.

Before considering lifting or handling your child, ensure that you get everything ready beforehand. This includes the chairs, or equipment that you maybe placing your child in or on. Make sure there is enough room to lift and that you can bend your knees without hurting yourself or your child.

When you have to hold a smaller child, you should avoid placing them on one hip. This will cause strain on one side of the back causing issues that can be lifelong.

Use the appropriate equipment to help support both you and your child. Good support for your child is as equally as important looking after yourself during the process.

Most importantly,  
if they are too  
heavy... **DO NOT**  
**lift them!**

### 1

Keep your child close to you when you are lifting, or hoisting them, this means that they are safer and it encourages your body to be in a better position.

### 2

Adopt a Step Standing position, with slightly bent knees, this position helps if you are rolling your child on the bed for personal care.

### 3

Maintain an upright (natural standing position) posture, try to avoid over bending, overreaching or twisting when lifting or moving your child. Think about how long you hold a bending posture for, for example when fastening them into supportive seating, try not to maintain a static bending position for more than about 20 seconds, as this tires the muscles in your back more quickly.

### 4

Get a good hold of your child, try to avoid gripping under the armpits to lift them out of their seating systems or bed use your hands in a curved CARING position and your arms to lift them. The saying is PAWS not CLAWS. Use the Hoist when you can.

### 5

Communication, talk to your child and tell them what you are doing and encourage them to help you and join in when possible.

