Follow these recommendations to reduce the risk of injury while you care for young children.

1. **USE BACK SUPPORT AND STRETCH**
   - Avoid sitting on the floor too long without back support
   - Use the wall, furniture, or large pillow for back support
   - Do stretching exercises

2. **LIFT SMART**
   - Don’t lift children with your back
   - As you lift, bend your knees and keep the child close to you

3. **AVOID TWISTING WHILE LIFTING**
   - Avoid twisting your body when lifting
   - Point your feet in the direction of the lift

4. **AVOID CARRYING HEAVY LOADS**
   - Don’t carry heavy loads by yourself
   - Carry lighter loads
   - Use a cart, or get a co-worker to help you