

Plan the move and prepare the environment.

Starting position

- Knees and hips bent.
- Maintain the natural curves of your spine.
- Keep elbows as close to your body as possible.
- Brace your stomach muscles.

One arm supports under the child's chest, the other hand supports their pelvis from behind, with the hand holding the upper thigh of the closest leg.



Keep as close to the child as possible!

Lifting Effort

Ensure effort is generated from the legs.

The child's weight should be evenly distributed between both arms



Completing the move

If transferring to the ground, the half-kneeling posture is the most stable position to use.



Disclaimer: This information is of a general nature only and does not constitute advice. Novita Children's Services makes no representations as to the accuracy, usefulness, suitability or application of the information to a child's or carer's particular circumstances. You should seek professional advice before acting or relying on the information.