



This is probably the most notorious lift for bend/twisting your back that there is. It is also one of the easiest problems to cure, if you remember the POWERLIFT® concept. You must create a wide stance in order to protect your back. This can be easily accomplished by either placing your **knee on the seat** of the car, or one **foot on the floor** of the car as you reach in towards the car seat. Always an intermediate step. If your child is going into the car seat, you may wish to set them down momentarily on the edge of the back seat as you then place your knee or your foot on the floor. Once you're in position, then continue moving the child into the car seat. As they come out of the car seat you may wish to again momentarily set the child near the edge of the back seat, while you remove your leg from the inside of the car. Then with both feet on the ground create another wide stance and lift your child from the edge of the back seat. Remember, as your child momentarily sits towards the edge of the back seat, balance and support them, so they do not tumble as you change your lifting position.

PLACING YOUR CHILD IN THE CAR SEAT