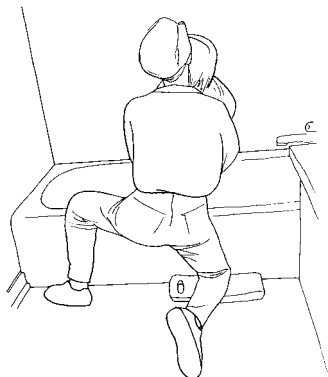
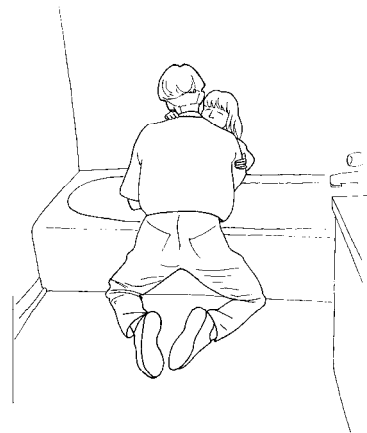




There are three methods of handling a child in a bathtub. The most effective method is to literally create a **POWERLIFT®** stance by placing your foot in the tub. This way you are close to the child while holding yourself in a very powerful lifting stance. If the tub is slippery after you've let the water out, place a towel under your foot to create stability.

Another method of removing your child from the tub, or washing your child, is kneeling. Remember though, that if your knees are close together while kneeling, you have created nothing more than a back lift. **POWERLIFT®** works in this situation also by simply placing your knees in a wide stance. This allows your leg muscles to get involved as you bend forward at your hip sockets to do the bathing and lifting. Remember to lean your thighs into the tub for added strength.



The **Tripod Lift** is an excellent method of bathing and lifting children in and out of the tub. It is best to have a knee pad handy, both to protect your knee and to keep it dry, while in the Tripod position. The Tripod helps you create the wide stance that is necessary to allow your legs to lift rather than your back.

HANDLING YOUR CHILD IN THE BATH TUB