



Lifting children or grandchildren from the crib is not something many of us do on a regular basis. However, engineering the lift is a good exercise in creativity and will help us to understand the mechanics of lifting. First we need to recognize that we have no choice in this matter, we must lift the child from the crib. Our only real choice is how we do it, with the back or with the legs. To lift with the legs we must drop the rail. It then becomes an easy matter to create a wide stance, bend the knees and lift the child. Remember that with the wide stance and bending the knees, you are going to lower your body so the rail may catch you at the underarms. This still makes for a good POWERLIFT® method.

But what if for whatever reason, the rail doesn't go down? I have heard of people who have screwed the railing in from the sides because it is broken or other people who don't lower the rail because it makes too much noise and wakes the child. In this case we must figure out a way to effectively lower the height or the rail relative to the height of the lifter's body. This can be done in three ways.

First, you could build a platform to stand on when lifting children out of the crib. Make sure the platform is large enough so that you don't stumble off of it. Second, you could raise the mattress in the crib which would bring the child higher up and more accessible for lifting. It is very important to make sure the mattress does not get raised so high that the child tumbles over the rail and out of the crib. Third, you can simply cut the legs off of the crib. Although this is the most practical solution few people would actually cut the legs off because they feel it is ruining the crib. Cutting the legs off would be a much cheaper proposition than paying for a back injury (assuming that you would have to replace the crib with a new one).

As you can see there are several different solutions for this lifting problem. With a little creativity almost any lifting scenario can be solved either with a change in lifting technique or as in the case of the crib, with an ergonomic solution.

LIFTING CHILDREN FROM THE CRIB