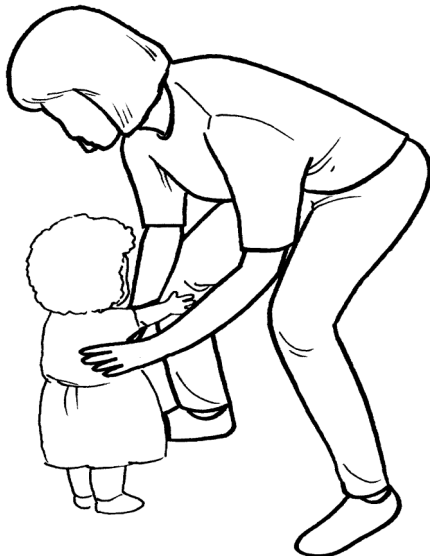




TYPICAL BACK LIFT

Remember when considering lifting children that basically we have no choice, the child must be lifted. Our only real choice is how we lift the child, either with our back or with our legs. There are, in fact, two primary ways to properly lift a child.



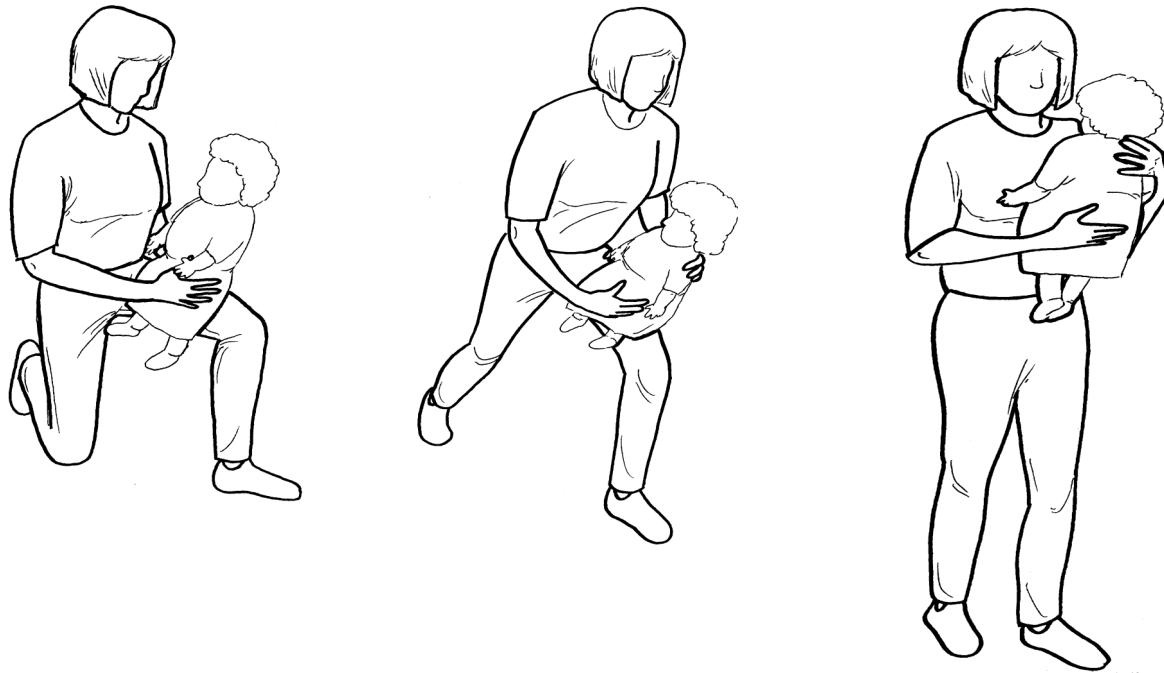
POWERLIFT®

To lift a child with POWERLIFT® technique is no different than lifting any other load with handles. Consider the child as a load (or weight) that for whatever reason must be lifted. Also consider that when you lift children you generally grasp them under the arms, as such they are a load with handles. Simply approach your child and with your feet in wide stance, POWERLIFT® them. Remember that it is not necessary to approach this type of load from a 45° angle but rather from head on as they generally are small and will fit very comfortably between your feet and knees.

LIFTING CHILDREN

(POWERLIFT®)

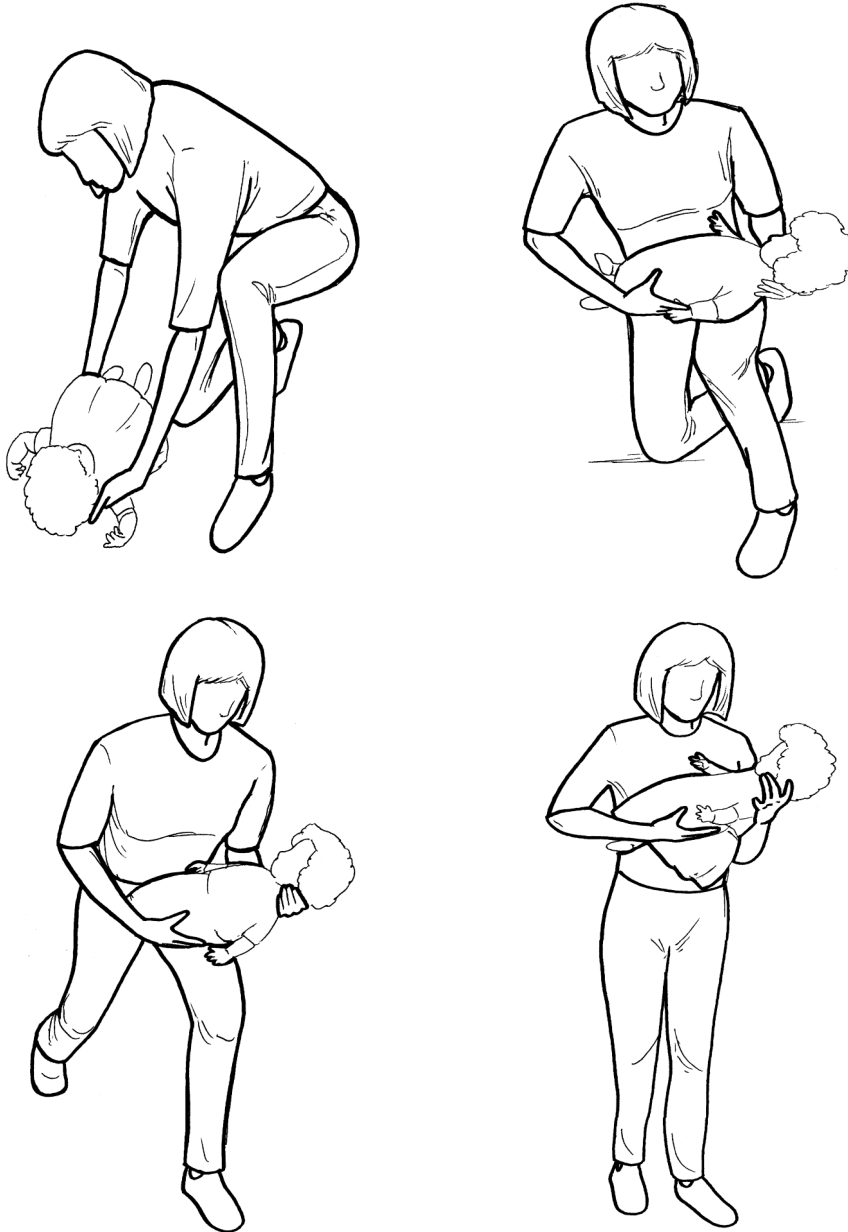
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Tripod Lift: This lift works very well with toddlers and sleeping children. While in the tripod position simply lift the child to your leg. Actually sit them on your leg with their little legs hanging off of yours as they face your opposite leg. Then letting them sit or rest on your leg, begin to rise as with a normal Tripod Lift. Once you are 1/3 to 1/2 of the way up, lift the child from your leg and continue rising. This makes for a very easy Tripod Lift of your child.

Since no children are probably handy during this discussion, it would be wise to compare notes with the participants and problem solve for various child lifting situations. One very good example would be lifting a sleeping child off of a couch. For this lift we would create a wide stance by placing a knee on the couch as you gather the child into your arms. Once the load is close then lift yourself and the child from the couch with your legs.

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