



LIFTING A SLEEPING CHILD FROM THE COUCH

Never bend over a couch with your back to lift a sleeping child. Instead, create a POWERLIFT® stance by simply placing a **knee up onto the couch** before you lift your child. This will place you in a wide stance and will allow your leg muscles to do the lifting.

Note that you can use either leg on the couch, whichever leg seems most comfortable and gives you most power will be the one to use. If your child is taking up most of the space on the couch, make room for your leg by simply lifting up on the child's shoulder and arm, rolling them slightly so that you can snug your knee under them. Remember also to use the same technique when placing your child in a bed. A knee up on the bed insures that you can keep a POWERLIFT® stance as you do the lift.