

# A Health and Safety Solution **Lifting children in/out of cots and highchairs or on/off change tables**

## Systems

- Assess if, how and when each child is lifted onto, into or from equipment.
- Provide reporting processes so safety issues can be identified and fixed as soon as possible.
- Provide workers with training, information, instruction and supervision on documented work procedures and use of equipment.
- Schedule and record regular inspections, and maintenance of all areas of the workplace and equipment.
- Use a system to rotate tasks among workers to reduce their overall exposure to the risks associated with these tasks.

## The problem



Cot base is non-adjustable and close to the ground, requiring workers to reach and bend to lift children into/from the cot.

## The problem



A change table without steps requires workers to bend, reach and twist to lift children onto/from the change table.

The change table is designed so the child is side on to the worker when being changed, requiring reaching and twisting.

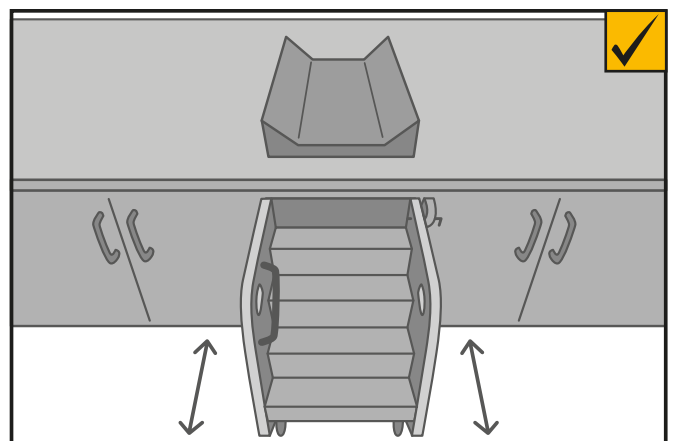
## A solution



Cot is designed with a higher working height, reducing the workers need to reach and bend to lift children into/from the cot.

Cot has appropriately sized wheels and wheel-locks and worker can stand with their feet under the cot to reduce reaching distances.

## A solution



A change table with stairs and handrails enables children to be assisted onto the change table without being lifted.

Retractable, lockable, and easily accessible steps reduce the need for the worker to bend.

The change table is designed so the child's feet are facing the worker, reducing the need for the worker to twist. There is space under the change table so the worker can easily reach the child.