



## *A Guide to Pediatrics Lifting and Handling*



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# A Caregiver's Basic Guide to Pediatrics

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As a caregiver you need to keep your back healthy and strong.  
Your health is a top priority, because you have only been given one back!

As the #1 caregiver, here are some tips for you.

Let's start by having some fun and testing your knowledge on the following 3 questions:



1. Under ideal conditions, caregivers (parents) should never lift more than approximately 35lbs of another person's weight (NIOSH, 2007)...

**TRUE** OR **FALSE** ?

2. Healthcare workers in British Columbia report one of the highest number of workplace neck and back injuries....

**TRUE** OR **FALSE** ?

3. When care workers use lifts and slings, there is evidence that injuries are decreased for both the caregiver and the client....

**TRUE** OR **FALSE** ?



All of the answers above are **True**.  
Keep on reading to learn more  
about what you can do to keep  
your back safe!

# Most Popular Product for Kids

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## Lifts



X-Y Gantry Ceiling Lift



Floor Lift

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## Slings



Universal Sling  
(Black Spacer Fabric)



Easy Access  
Continental Sling

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## Accessibility



Vertical Platform Lift  
(Porch Lift)



Stairlift  
(Curved or Straight)

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This brochure was developed in collaboration by HME's Pediatric Rehabilitation Seating & Mobility Consultant Perna Thapar and HME's Clinical Nurse Educator Helena Brenner, based on their collective knowledge, varied experience and feedback gained from therapists, caregivers, parents and children

# Safe Practices

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Maintain good posture and always use appropriate equipment for safe lifting.



Bend knees to pick up a child or a piece of equipment under 35 pounds.



Keep the load close to your body.



Not lifting a child on a staircase.

# Unsafe Practices

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Reaching or leaning over a bed to manually lift a child over 35 pounds, or not using appropriate equipment.



Bending forward at the waist, instead of bending at the knees.



Pulling on limbs.



Bear-hug lift and twisting while lifting.

# Key Take-aways

*What should caregivers/parents be doing to decrease potential back injuries?*

- In an ideal situation, don't lift more than 35 lbs.
- Talk to your therapist about slings & lifts.
- Talk to your therapist about other equipment that could help prevent a back injury during daily living activities (such as: transfer boards, transfer sheets, sit-to-stand lifts)
- Ask for education & training
- Talk to your HME rep to 'test drive' equipment to ensure that it will work for your home environment & lifestyle before you purchase
- Always ensure proper body positioning to prevent a back injury



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## Benefits of Working with HME

- You can try most of our products before you buy!
- We have product specialists who can evaluate, assist and help you review the products available, to make the right choice for you!
- After trial - you can choose to rent, purchase or rent-to-own!

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## Funding Options

- At-Home Program (AHP) - \$4,200 towards a lifting device. More information can be found at: [http://www2.gov.bc.ca/assets/gov/family-and-social-supports/children-teens-with-special-needs/at\\_home\\_program\\_guide.pdf](http://www2.gov.bc.ca/assets/gov/family-and-social-supports/children-teens-with-special-needs/at_home_program_guide.pdf)
- Private Extended Benefit Plans (check your policy for funding limits)
- Charity Funding: President's Choice Charity, Shriners, CKNW Orphan's Fund, Variety Club.
- Children's Medical Equipment Distribution Service (CMEDS)

**For more information, please visit:**

**[www.hmebc.com](http://www.hmebc.com)**