

# Working at low levels



Ask your workplace to provide suitable furniture and equipment. Use the provided furniture/equipment and plan how you're going to work at low levels.

The risks and solutions to help prevent workplace injuries in early childhood education and care are:

## Risks

- Slips, trips and falls.
- Musculoskeletal Disorders (MSDs) like sprains and strains.

## Solutions



- Use cushions to work at low levels.
- Set up equipment appropriately for your, and the children's, comfort.
- Rotate tasks with other workers to reduce time in uncomfortable positions.

For more info and solutions visit [safework.nsw.gov.au](https://safework.nsw.gov.au)

🔍 early childhood education and care