

# Working with highchairs, cots and change tables



Bending, reaching or twisting to lift young children in and out of highchairs, cots and change tables can be awkward.

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

## Risks

- Hazardous manual tasks (HMT).
- Musculoskeletal Disorders (MSDs) like sprains and strains.

## Solutions



- Tell your director or manager if you experience pain or discomfort when you perform manual tasks.
- Take an active role in helping your workplace choose suitable furniture for the tasks you need to carry out.

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

Q early childhood education and care