



ENHANCING LITTLE LIVES

# PEDIATRICS CAREGIVER'S GUIDE LIFTING & HANDLING



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# Pediatrics Caregiver's Guide

## Lifting & Handling

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As a Caregiver, it is extremely important to keep your body and especially your back healthy and strong. Your health is also a top priority and this guide will help keep you and your back strong and safe.

### Preventing Back Injuries:

- Ideally, do not lift more than 35lbs by yourself
- Stay informed - Talk to your client's therapist about:
  - Slings & Lifts
  - Other equipment to help prevent future back injuries (Transfer Boards, Transfer Sheets, Sit-to-Stand Lifts, etc.)
- Ask for additional education and training
- Talk to your HME Sales Representative to help trial equipment to ensure functionality in your client's home and lifestyle environments before purchasing
- Always remember proper body positioning

# Pediatric Equipment Best Sellers



XY Gantry Ceiling Lift



Floor Lift



Universal Sling  
(Black Spacer Fabric)



Easy Access  
Continental Sling

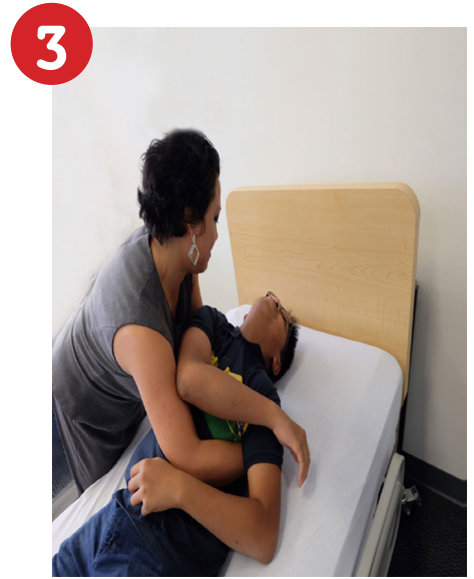
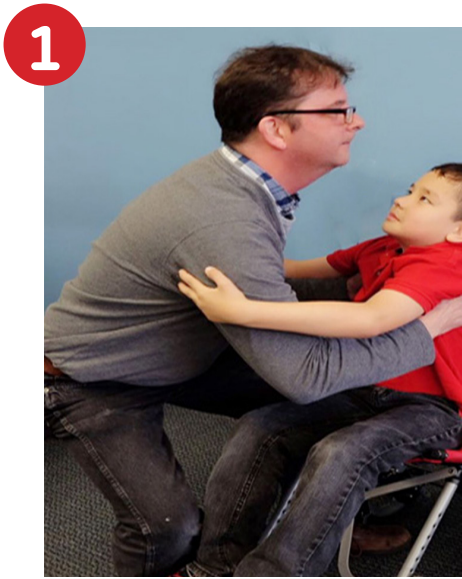


Vertical Platform Lift



Stairlift

# Unsafe Practices Possible Injury to Your Back

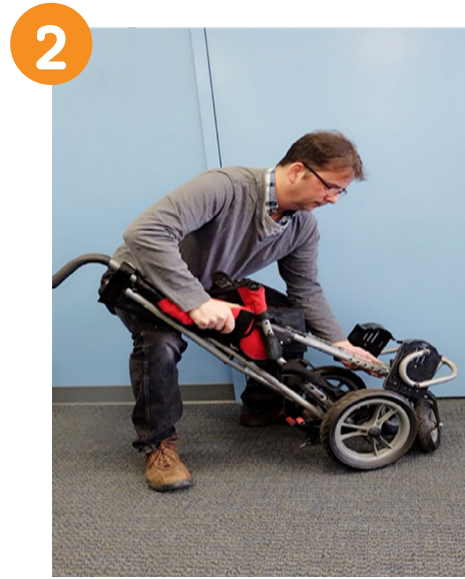


## DO NOT:

1. Reach or lean over a bed to manually lift a child over 35 lbs.
2. Bend forward at the waist, instead of bending at the knees.
3. Pull-on limbs.
4. Bear-hug lift.
5. Twist while lifting.

# Safe Practices Protecting Your Back

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## DO:

1. Maintain good posture and always use appropriate equipment for safe lifting.
2. Bend your knees to pick up a child or a piece of equipment under 35 pounds.
3. Keep the load close to your body.
4. Do not lift the child on a staircase, use a stairlift if possible.

## About HME Pediatrics

HME Pediatrics understands that it can be difficult to find products that really consider the well-being of the user. We work to anticipate your equipment needs.

Opening a Pediatrics division in 2015 has allowed HME to compile a diverse catalogue of Pediatric equipment and knowledgeable staff, as well as the ability to specialize in Wheelchairs, Seating, Beds/Mattresses, Walkers, Patient Lifts, and Bathroom Safety.

HME Pediatrics carries a wide-variety of pediatric equipment, quite unlike any of our competitors, designed to enhance your life on a daily basis. Whether you need improved mobility, accessibility, comfort, or simply access to our knowledgeable staff, we're happy to support your needs on an on-going basis.

Pediatrics is a passion for HME, and we have a dedicated HME Pediatrics Team with a background in Kinesiology, Exercise Physiology, Rehabilitation, Seating, Complex Rehab, Occupational Therapy, and more. We're inspired by our customers and motivated to provide reliable pediatrics equipment to you and your family.



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