

PLAYING IT SAFE

Be safe and healthy on the job with these helpful tips provided by Peabody Insurance Agency.

Keep the Kids and Yourself Safe

Workplace precautions for child care employees

As a child care professional, ensuring the safety of all children in your classroom is your primary responsibility. But you must also take the necessary steps to keep yourself out of danger in order to best care for the children at your facility.

Consider the following safety recommendations when working in a child care facility.

Prevent Back Injuries

- To reduce your risk of back injuries, find ways to avoid excessive lifting and bending, such as providing step stools for children to climb to the sink and drinking fountain. Instead of lifting them up, they may be able to climb up while holding your hands for support.
- To talk with children at eye level, kneel down instead of bending over at the waist or lifting them up. This will help prevent back injuries as well.
- Bend your knees or sit down when working at low tables or cots.

Slips, Trips and Falls

- Watch out for toys, small furniture and other objects when walking through the facility.
- Walk cautiously and avoid rushing when carrying supplies or children.
- Wear rubber-soled shoes that have good traction for potentially slippery floors.
- To prevent falls, clean up spills immediately after they occur. Make sure that area rugs are properly

secured to the floor.

Prevent the Spread of Germs

- Wash your hands frequently, especially when handling sick children, changing diapers, helping children use the restroom, before and after preparing meals, and before leaving the facility for the day.
- Sanitize working surfaces and tables with a mild bleach solution to reduce the risk of spreading germs.
- Wear latex gloves when changing diapers, helping children use the restroom, when wiping noses and nosebleeds, and when providing first aid care. Gloves protect against bloodborne pathogens, disease and infection. If you or a child is allergic to latex, use a non-latex glove alternative.
- Lice infestation is extremely contagious and very common in the child care industry. Be on the lookout for this bug when interacting with children. If you notice these tiny insects on your skin and/or hair, or on the body of a child, take the proper precautions to protect against spreading lice.

Maintaining safe behavior for the children in your classroom helps ensure safety for all.



Protect Against UV Rays

When supervising children in outdoor settings, don't forget to protect yourself against the sun's harmful UV rays. After applying sunscreen to children, put some on yourself. And supervise children from covered or shaded areas, if possible.

