



# PLAYING IT SAFE EDUCATION

## 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. 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.
- 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 washroom, 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 washroom, when wiping noses and nosebleeds, and when providing first aid care. Gloves protect against blood-borne 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. 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.

Be safe and healthy on the job at with these helpful tips provided by **Bankers Insurance, LLC.**

When supervising children in outdoor settings, don't forget to protect yourself against the sun's harmful UV rays.

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