



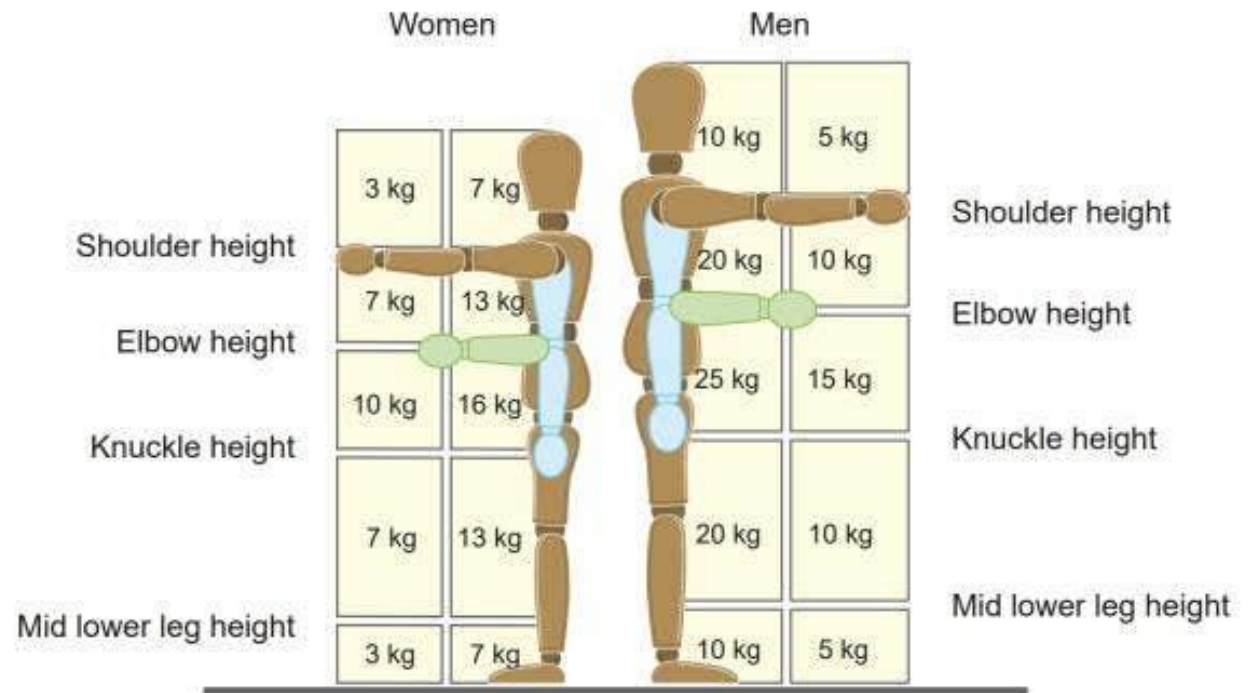
Consent & Communication: Explain first, agree the plan, use your child's preferred cues (signs, symbols, visuals).

Check the environment: Clear trip hazards, set brake(s), adjust lighting, shoes on, pets out.

Care for yourself: Neutral spine, bend knees/hinge hips, keep load close, avoid twisting, push not pull where possible.

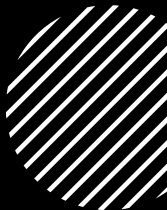


- Feet hip-width, one foot slightly forward.
- Hips back, chest up, shoulders relaxed.
- Keep the child **close to your centre**; move your feet to turn (no corkscrew backs).
- Use **countdowns** and breathing to reduce resistance.



Standard movement tips

- **Bed to sitting:** Raise head of bed if possible, ask child to roll to side, support at shoulder/hip (not under arms), guide legs over edge, count “1-2-3” together.
- **Chair transfers:** Position chairs close and at a similar height. Feet flat, “nose over toes,” rock forward, you guide at hips/pelvis—not lifting from armpits.
- **Car transfers:** Bring seat back and belt retracted first, move seat to create space, swivel bottom first then legs. Avoid twisting your back inside the car.
- **Floor to stand (if part of plan):** Use sturdy furniture for the child to push up, you stay close at hips—no under-arm lifts.
- **Hoists/handling aids:** Use **only** if you’ve been trained and it’s in your plan. Check sling type/size/labels, brakes (where appropriate), and safe working load.



REMEMBER



Don't lift under the arms; don't twist while holding weight.



Don't rush—set up first.



Don't use equipment you're not trained for.



Don't work alone if your plan requires **two adults**.