

Lifting Infant from Floor Level Tripod Lift

Infant Lifting Technique

To be used when lifting an infant or toddler under 35 lbs from floor level.

- 1) Put one foot next to the infant. Keep your back straight, push your buttocks out and slowly lower yourself onto one knee.
- 2) Position the infant close to your knee on the floor. Ensure that the infant's head and arms are well supported, particularly if the infant has low tone.
- 3) Slide the infant from your knee on the floor to mid-thigh. Keep your head forward, your back straight, your buttocks out, and lift the infant onto the opposite thigh..
- 4) Put both of your forearms under the infant with your palms facing upward and hug the infant close to you.
- 5) Prepare for the lift by looking forward.
- 6) Lift upwards following your head and shoulders. Hold the infant close to your body. Lift by extending your legs while keeping your back straight and buttocks out. Remember to breathe as you lift.

