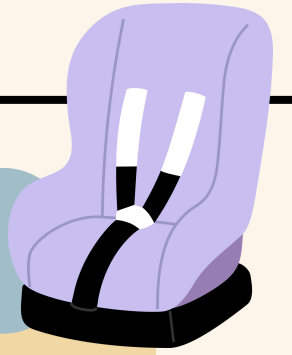


Strong Backs, Safe Babies

Loading a Carseat



1 Get Close & Squat

- Stand close to the car seat with your feet centered.
- Bend your knees and squat down.
- Do not bend at your waist.

2 Lift the Right Way

- Hold the car seat with both hands.
- Keep it close to your body near your waist.
- Tighten your stomach and keep your back straight.
- Stand up by straightening your legs.

3 Load Without Twisting

- Open the car door before lifting, if you can.
- Keep the seat close to your body.
- Do not twist your back.
- Move your whole body to turn.



Key Points

KEEP YOUR BACK STRAIGHT; TRY NOT TO TWIST

SQUAT INSTEAD OF BENDING OVER

KEEP THE CARSEAT CLOSE TO YOUR BODY

OPEN THE CAR DOOR PRIOR TO GRABING CAR SEAT