

Prone cradle transfer

Plan the move and prepare the environment. Before you begin, talk through the move with the child.

Starting Position



Knees and hips bent. Maintain the natural curves of your spine. Keep elbows as close to your body as possible. Brace your stomach muscles.
Keep as close to the child as possible! Lean child forward.



One arm supports under the child's chest, the other hand supports their lower body.

Lifting effort



Ensure effort is generated from the legs. The child's weight should be evenly distributed between both arms

Completing the move

The child can be carried in the prone position over short distances.

When placing the child down, the best possible posture will depend on where you are placing them. Ensure that you always use legs, rather than your back or arms to lower the child.

Additional notes