

Top and tail lift

Plan the move and prepare the environment. Decide who is the leader of the lift.

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.



Talk through forearms grips eg. whether or not to cross your arms. Using your forearms to assist with the hold of the child's trunk, and your trunk to keep the child well supported in the flexed position.

The person lifting the child's legs should hold at the mid thighs to assist with keeping the child's hips well flexed.

Lifting effort

Completing the move



Ensure effort is generated primarily from the legs.

If you must turn to complete the move, make sure you turn your feet in the direction of the move, rather than twisting your back..

If you are transferring to the ground, you can use either a half-kneeling position or a 'weightlifters position'.