

Using a return stander

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

Starting position



Ensure brakes of return stander are on when assisting child to stand



Position Option A

You: Knees and hips bent. Maintain the natural curves of your spine. Keep elbows as close to your body as possible. Brace your stomach muscles.

Child: Ask child to assist with transfer by bending forwards at hips and holding onto bar.



Position Option B

Moving



When moving return stander ensure effort is generated primarily from the legs, use your body weight!

Keep your heels on the ground to maximise stability.

Keep elbows as close to your body as possible.

Brace your abdominal muscles

Additional notes