

Disabled Living wishes a happy
holiday for

Day of Covenant (Baha'i)

Birthday of Guru nanek dev Sahib
(Sikh)

Advent (Christian)

Ascension of Abdul-Baha (Baha'i)

Bodhi Day (Buddhism)

Immaculate Conception
(Catholic Christian)

Virgin of Guadalupe Feast Day (Latino)
Yule (Pagan)

Christmas (Christian)

Feast Day of the Nativity
(Orthodox Christian)

Hanukkah (Jewish)

Zarathosht Diso (Zoroastrian)

St. Stephen's Day
(Catholic Christian)



**For more information
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and services contact
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Disabled Living is a registered charity:
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**Tips when Moving
Kidz**

A reminder to you that you should

Try to encourage your child to attempt to
move themselves wherever possible

Never put yourself at risk when moving and
handling either your child or any of their
equipment

If you have been given equipment to move
and handle your child, use it!

Consider that paid staff will only move and
handle your child in a way they have been
instructed to

Remember that most back injuries occur
when you are doing something you have
done 99 times before



Stop and think do you really need to be lifting?



Consider how you are feeling at the time you need to move and handle



Clear any clutter!



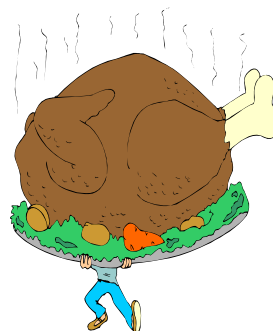
Take a firm hold, keeping your child as close to you as is possible



Remember to lift smoothly



Make sure you have a stable foot position



Never lift above shoulder height



If you have been given equipment to move and handle your child, use it!



If you have equipment make sure it is well maintained

