

Knee injuries checklist.

Early learning professionals work tirelessly to provide a nurturing environment for young children. However, the demands of the job, including frequent kneeling and bending, can put staff at risk of knee injuries.

Knee injuries in early learning services are often the result of prolonged kneeling, improper lifting, and repetitive movements. These injuries can range from minor strains to more severe conditions like tendonitis, causing pain, discomfort, and potential long-term health issues.

These injuries can impact the running of the service as they may lead to extended time off work or reduced capacity of a staff member while at work. Additionally,

they can also impact a staff member personally, both physically and emotionally. Regular personal activities, such as driving, exercising and socialising, can be challenging or not possible while seriously injured.

Complete the following checklist. Where responses are 'no', this is an opportunity to reflect on workplace practices and make changes where possible.

For training tips, information, guidance and resources to support necessary change, go to SafeWork NSW at safework.nsw.gov.au.

Staff are trained in proper lifting and carrying techniques, emphasising the importance of bending at the knees rather than the waist.	Yes	No
Staff are encouraged to use lifting aids, such as stairs leading up to changing tables.	Yes	No
Staff are required to wear footwear, and this should be comfortable and supportive, providing adequate cushioning and arch support.	Yes	No
The service is equipped with adult ergonomic furniture and tools that support proper posture and reduce strain on the knees.	Yes	No
Wherever possible, workstations are adjusted to accommodate staff members of various heights.	Yes	No
Wherever possible, tasks that involve kneeling and bending are rotated to allow staff to alternate between different activities.	Yes	No
Staff are supported to avoid prolonged periods of kneeling without breaks.	Yes	No
The service's floors are maintained to minimise uneven surfaces that can contribute to knee discomfort.	Yes	No

Any flooring issues are promptly addressed to prevent tripping hazards, including mats with curling corners, sand on the floor or sand under mats.	Yes	No
When mats are folded away, they're folded with the surface of the mat on the outside to ensure the ends do not turn up when returned to the floor.	Yes	No
Staff are provided with resources and guidance on exercises that promote knee health.	Yes	No
Staff are encouraged to perform regular stretching exercises that target the muscles around the knees.	Yes	No
The centre has a culture of safety where staff members feel comfortable voicing concerns and reporting hazards.	Yes	No
Safety is a permanent agenda item at staff meetings to discuss and address potential risks.	Yes	No
Managers are aware of the need to report any incidents or injuries to Guild Early Learning, within 48 hours of occurring.	Yes	No

1800 810 213
guildinsurance.com.au

