

## Turning While Holding Infant

### Pivot Technique

*To be used with infants and small toddlers held in arms*

- 1) Use the pivot technique for lifts requiring a turn. This will reduce twisting when lifting.
- 2) Properly lift the infant using the infant lifting technique (SWP #308).
- 3) Hold the infant close to your body.
- 4) Turn your foot 90° towards the direction you wish to move.
- 5) Bring your other foot next to the lead foot.

Do not twist your body or bend at the waist. Move your whole body as one unit.

