

Ergonomics Body Mechanics

D	Y	S	Z	V	O	D	E	G	N	A	R	E	V	V	J	T	E	I	D
K	Y	T	L	N	D	Q	X	A	C	S	L	T	Z	Y	D	J	X	O	O
A	X	K	I	E	X	N	O	I	T	A	C	I	N	U	M	M	O	C	I
X	E	Y	E	P	E	K	A	A	D	K	A	N	I	N	Y	P	B	G	K
A	L	V	S	Q	P	P	N	D	B	H	C	T	E	R	T	S	L	B	E
H	O	I	I	Y	U	D	Z	O	A	V	O	G	W	H	N	O	K	Q	E
V	K	Y	C	D	N	I	V	Q	C	A	Y	S	D	U	A	Y	J	V	N
W	H	K	R	D	T	X	P	F	K	X	A	D	O	D	V	U	B	F	I
Z	W	I	E	M	B	W	I	M	O	E	S	V	O	U	W	N	E	C	P
S	J	D	X	Y	A	O	I	T	E	S	A	N	I	N	S	A	N	C	S
F	Q	K	E	E	L	S	L	S	H	N	D	L	O	A	Q	J	D	A	A
T	J	U	D	Q	A	G	C	I	T	N	T	I	B	H	K	H	L	R	R
E	L	Q	A	U	N	O	F	V	E	R	T	F	N	M	Q	O	D	R	H
P	K	F	D	T	C	T	E	T	A	O	O	T	K	V	S	K	D	Y	Y
M	U	S	C	L	E	L	X	O	M	H	D	T	L	A	R	T	U	E	N
L	L	U	P	T	R	E	W	G	W	X	F	H	N	Z	E	C	O	K	X
Q	P	I	E	G	R	E	S	U	O	V	H	G	S	O	S	R	N	O	T
P	V	R	K	E	G	N	A	B	R	U	G	E	Z	U	C	O	B	Q	P
Y	U	W	S	G	I	K	E	C	K	X	M	C	A	D	P	Y	T	T	K
M	S	T	Q	Q	R	T	K	H	H	U	D	C	G	Y	P	Y	X	L	Z

BEND
REACH
TWIST
LIFT
EXERCISE
SLEEP
MUSCLE
EQUIPMENT
LOAD
EXTEND
BACK

SQUAT
PUSH
BALANCE
STAND
REST
DIET
MOTION
TEAMWORK
CARRY
NEUTRAL
SHIFT

KNEEL
PULL
CONTORT
STRETCH
BREAK
OXYGEN
RANGE
COMMUNICATION
STOOP
SPINE

