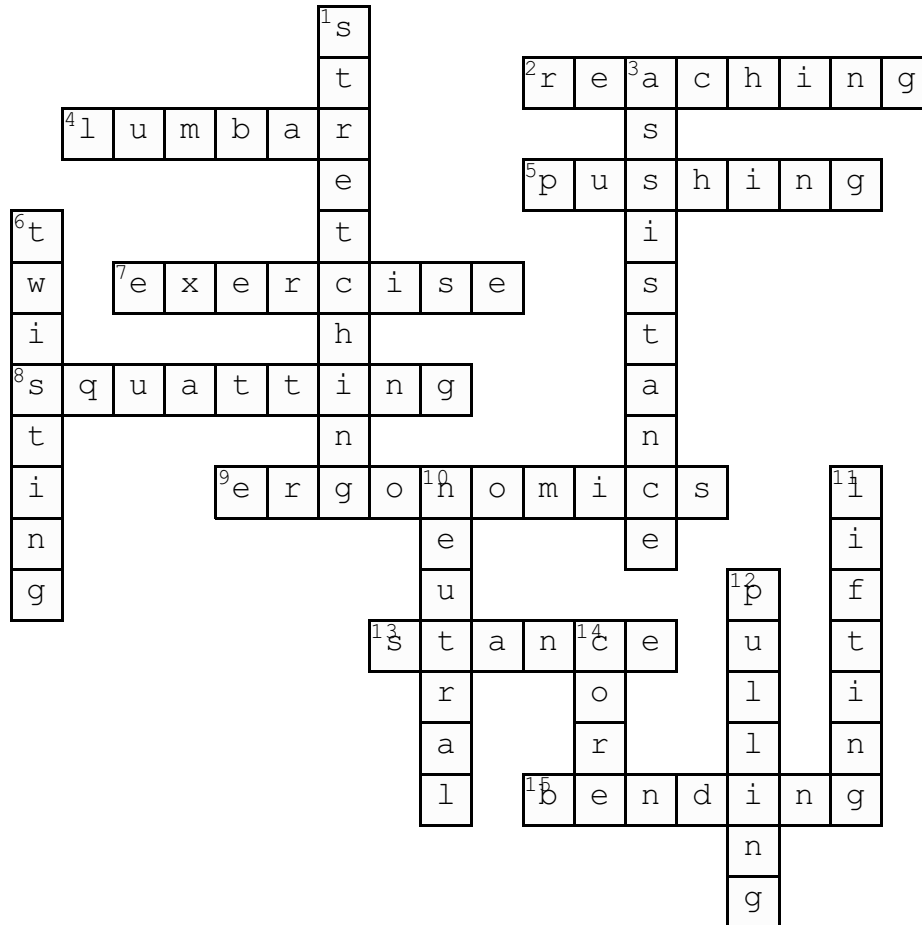


Name: \_\_\_\_\_

# Ergonomics & Body Mechanics

Complete the crossword below



## Across

- USE A STEP STOOL TO AVOID DOING THIS WITH YOUR ARMS (**reaching**)
- REGION OF YOUR BACK THAT OFTEN GETS INJURED DURING LIFTING (**lumbar**)
- IS ALWAYS BETTER THAN PULLING (**pushing**)
- TO MAINTAIN GOOD CORE MUSCLES, THIS IS NECESSARY (**exercise**)
- MUCH BETTER FOR YOUR BACK THAN BENDING AT THE WAIST (**squatting**)
- THE STUDY OF WORK TO PREVENT INJURIES (**ergonomics**)
- KEEPING YOUR FEET SHOULDER-WIDTH APART FOR GOOD BALANCE (**stance**)
- AVOID DOING THIS BY BENDING YOUR KNEES. (**bending**)

## Down

- DOING THIS DURING BREAKS HELPS GET OXYGEN TO YOUR MUSCLES (**stretching**)
- GET THIS WHENEVER A LOAD IS TOO HEAVY OR BULKY (**assistance**)
- AVOID THIS ACTION, INSTEAD MOVE YOUR FEET (**twisting**)
- KEEP YOUR BACK & SPINE IN THIS POSITION AT ALL TIMES TO AVOID INJURY (**neutral**)
- MINIMIZE THIS AS MUCH AS POSSIBLE BY GETTING HELP OR USING TOOLS (**lifting**)
- CREATES SHOULDER INJURIES, PUSHING IS BETTER (**pulling**)
- THESE MUSCLES SUPPORT YOUR LOWER BACK WITH REGULAR EXERCISE (**core**)