

# Back Care Awareness

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

ERGONOMIC  
ACCIDENT  
LUMBAR  
PAIN

TWISTING  
POSTURE  
INJURY

EXERCISE  
WEIGHT  
DISCS