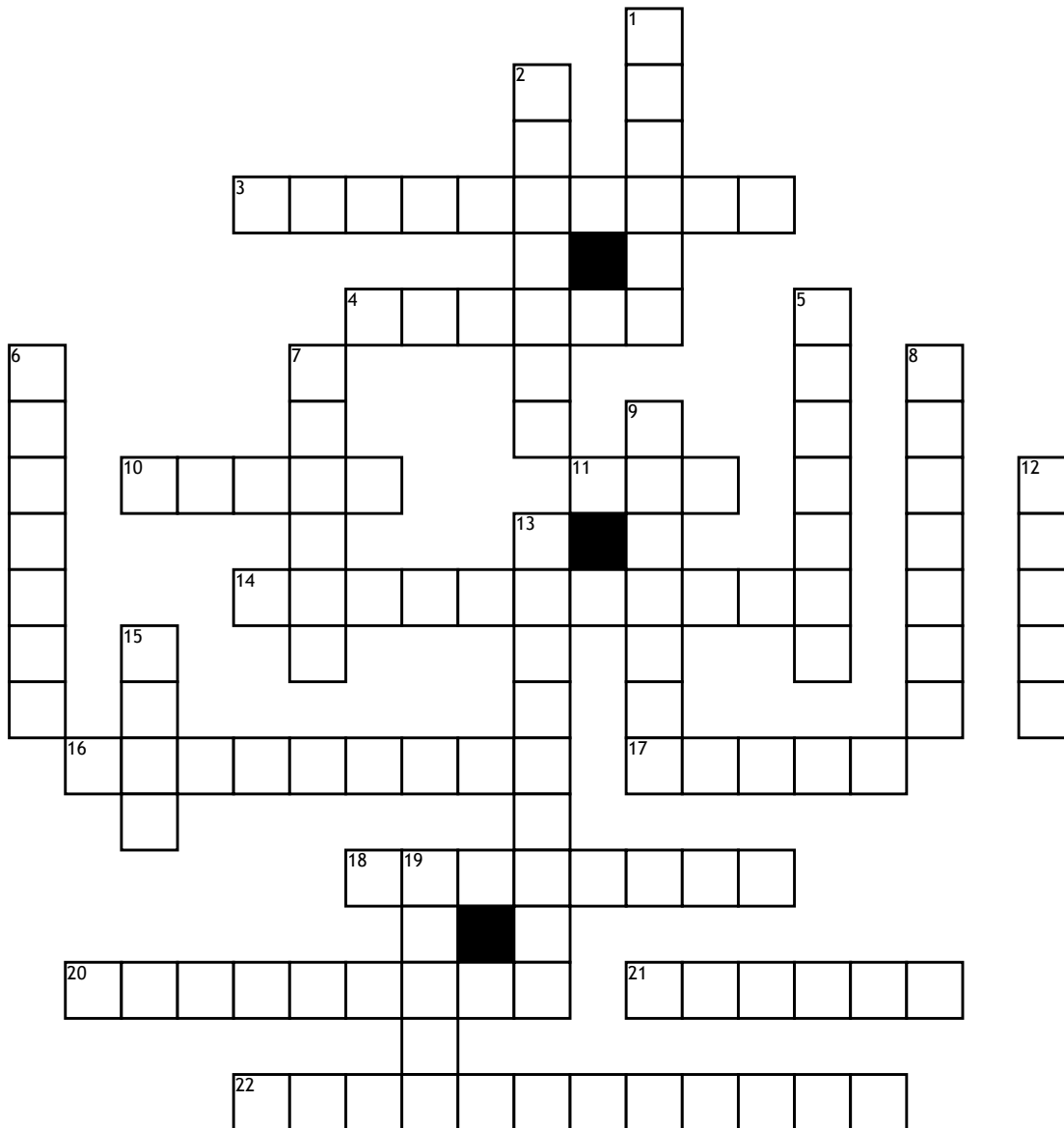


Name: _____

Date: _____

Back Injury Prevention



Across

- 3. Back Injury _____
- 4. Develop _____ that reduce the strain placed on the back.
- 10. _____ down to lift
- 11. _____ the load
- 14. _____ cause muscle fatigue, strain, tendonitis,, and other disorders of the movement system.
- 16. Back pain can _____ with work, routine daily activities, or recreation.
- 17. Bend your _____
- 18. Avoid _____
- 20. Living foods are _____

- 21. Rest and sleep are very important ingredients for our _____
 - 22. Back injury is the second most common _____ alimnt in the U.S. only headache is more common.
- Down**
- 1. Tobacco contains _____ that increase inflammation
 - 2. Avoid lifting and _____ whenever you can
 - 5. Healthy eating is one of the most important _____ that we have to fight against injury and illness
 - 6. Maintain your physical _____ levels to prevent injuries and illness

- 7. Prevention is a _____ responsibility!
- 8. Work _____..... not harder!
- 9. Lift gradually using your leg, abdominal, and _____ muscles
- 12. Place objects up off the _____
- 13. Dead foods are _____
- 15. Soda pop is not water, its liquid _____
- 19. Drinking plenty of _____