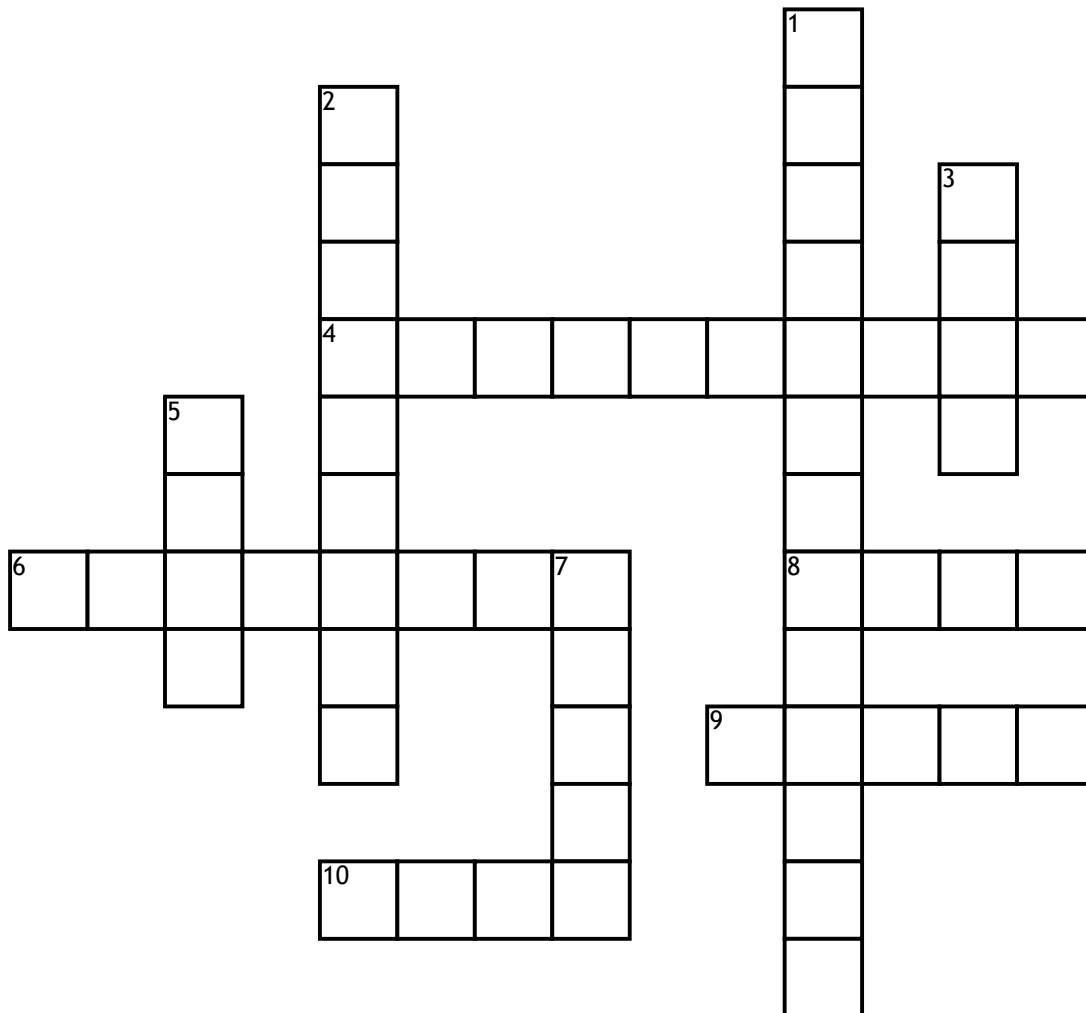


Body Mechanics/Ergonomics



Across

- 4. The study of people's efficiency in their working environment
- 6. Good posture starts with your back in this position
- 8. Never lift over your
- 9. Bend with your
- 10. Place weight evenly on both

Down

- 1. How one uses their body
- 2. Straighten extremity at joint
- 3. Do not bend with your
- 5. Make sure you always your body
- 7. Never your body