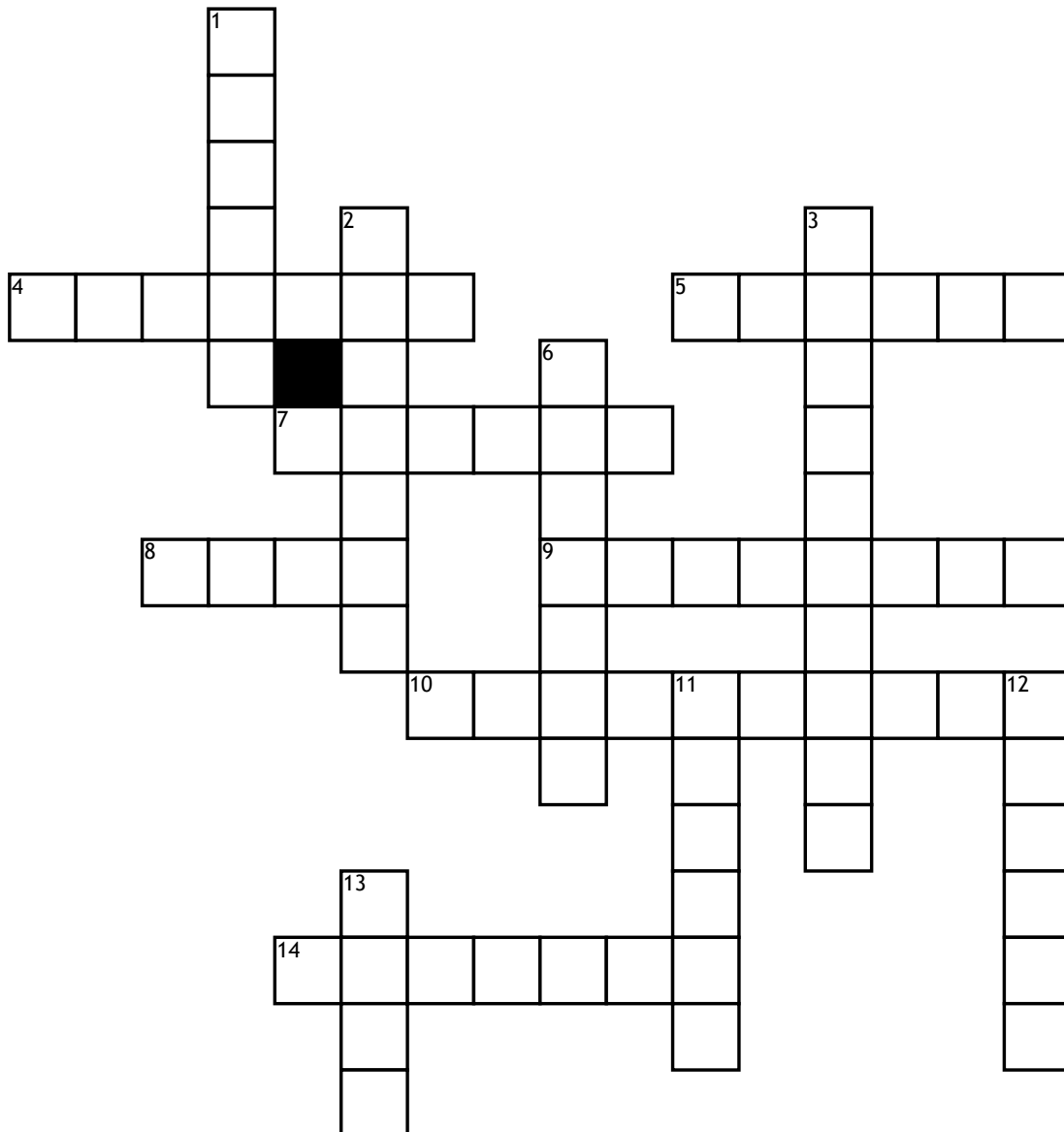


# ERGONOMICS



## Across

4. You can stretch out your shoulders by keeping your arms close to your sides while standing, slowly rolling them backwards in large \_\_\_\_\_ for 10-seconds reverse direction and repeat.
5. Periodically take time to close your eyes for a minute at a time and then focus on an object at least \_\_\_\_\_ feet away.
7. If you have recently had surgery or any muscle or joint problems, consult your \_\_\_\_\_ before starting a stretching program.

8. Pain is not gain - you should only stretch until you feel a \_\_\_\_\_ tension that relaxes as you hold the stretch.
9. To stretch out your neck, keep your head \_\_\_\_\_ and in line with your shoulder, turn completely to the left and hold, then turn back to the center.
10. Stretching reduces risk of ergonomic injuries such as carpal tunnel syndrome or \_\_\_\_\_.
14. Stretching can relieve stress and help with muscle \_\_\_\_\_.

## Down

1. Do not \_\_\_\_\_ while holding a stretch.
2. Stretches should be held for 5-30 \_\_\_\_\_.
3. Making the effort to set aside time to stretch throughout the day can be \_\_\_\_\_ to your health.
6. Stretching warms and \_\_\_\_\_ your muscles and tendons.
11. Stretching helps increase blood flow and \_\_\_\_\_ to your extremities.
12. Breathe deeply and \_\_\_\_\_ while performing stretches.
13. Stop stretching if you can't do it without \_\_\_\_\_.