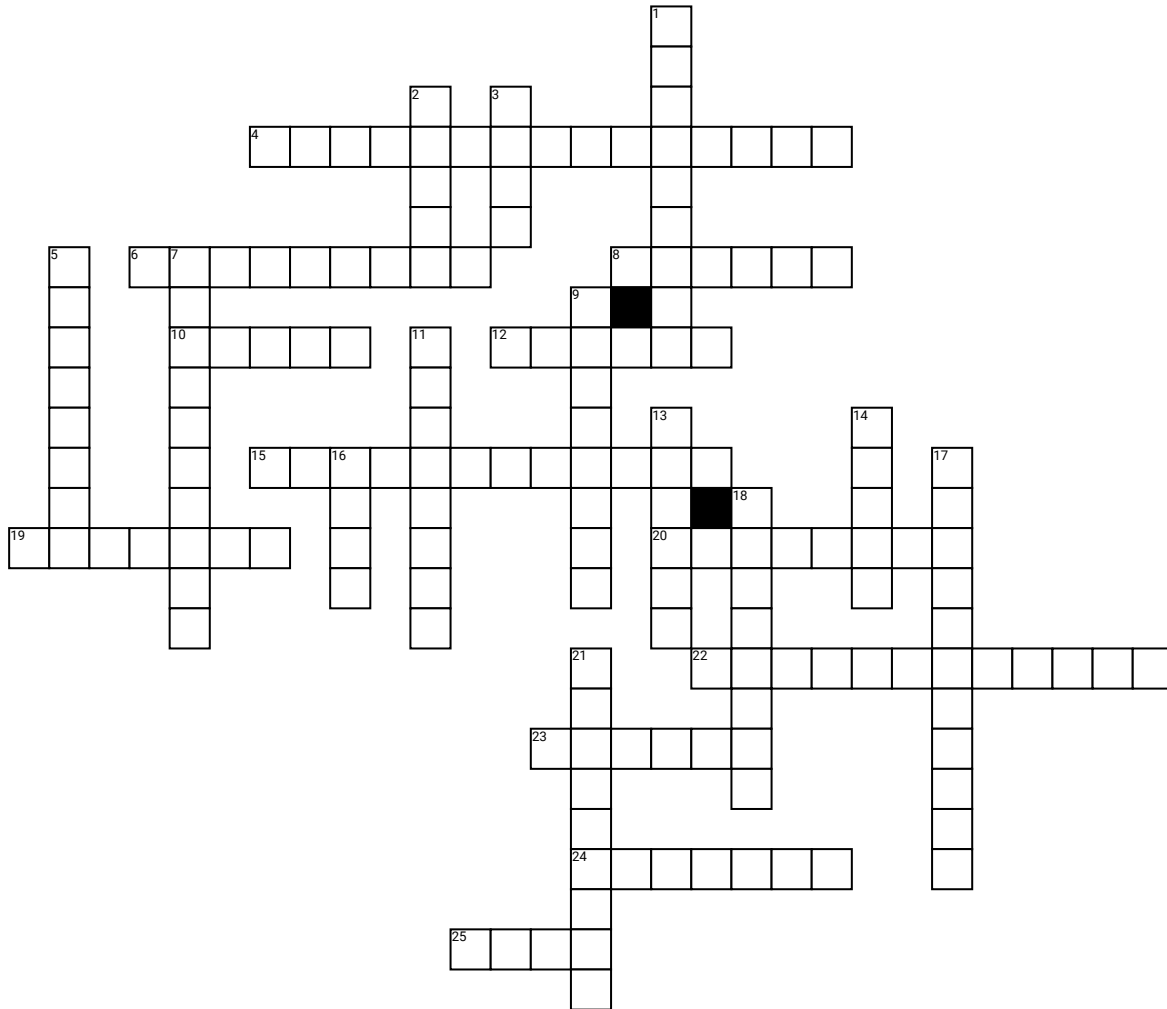


Name: _____

ERGONOMICS



Across

4. MSDs stands for _____ disorders.
6. No matter who you are or what you do, make good ergonomic _____ part your life.
8. Ensure your workstation is at a comfortable _____ for you.
10. Your _____ zone for lifting is close to the body, between mid-thigh & mid-chest height.
12. Avoid leaning & stretching forward to reduce _____ on your lower back.
15. A disorder that affects the nerves of the hand and wrists is _____.
19. Store items off the floor to minimize _____.
20. If you notice _____, tingling, pain, or numbness while doing your job you should report these symptoms promptly.

22. Many industrial or warehouse jobs can cause _____ of certain muscle groups which may lead to muscle pain and strain, so periodic stretching can help alleviate muscle tension.
23. If possible, use a stool, platform, hoist, or _____ to keep your work below head/shoulder height.
24. Choose a tool and grip that puts your wrist in a strong, _____ position.
25. Lift with your _____, not your back
- Down**
1. Implementing ergonomic solutions can make _____ more comfortable and productive.
2. Do not bend your back – maintain its natural _____.
3. Staying in _____ shape & not being overweight are keys to preventing back injuries.
5. MSDs usually result from exposure to _____ risk factors that can cause the disorders.

7. Three risk factors of MSDs are vibrations, posture, & _____.
9. Techniques used to reduce MSD risk factors include workstation design, task methods, job design, & _____.
11. Position your work and equipment to keep your gaze _____ ahead.
13. The discipline of ergonomics is the arrangement of the job to fit the _____.
14. Two types of posture to _____ are extreme and static.
16. Personal _____ factors include poor diet, age, poor physical condition, and diabetes.
17. Three types of hazard controls are _____, work practice, & administrative.
18. Include micro breaks in your tasks for body _____ and fatigue prevention.
21. _____ is the key to preventing serious MSD injuries.