

Name: _____

Date: _____

Ergonomics

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

counterbalance stretching
neutral postures
lifting tools
wrist neutral
no ballistic
stretching
trauma
grip

BIOMECHANICAL EVALUATION
physical therapy
proper height
hand neutral
alternating
techniques
pinch

three points of contact
body mechanics
spine neutral
Job coaching
repetitive
rotating
squat