

Name: _____

Date: _____

Ergonomics

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

uncomfortable position
productivity
ease of use
relaxed
comfort
crouch
hips
hand

feet flat on floor
workstation
ligaments
tendons
safety
knees
size
work

back injuries
home office
backrest
muscles
strain
chair
desk

wrong height
performance
vertebra
sitting
slouch
twist
eyes