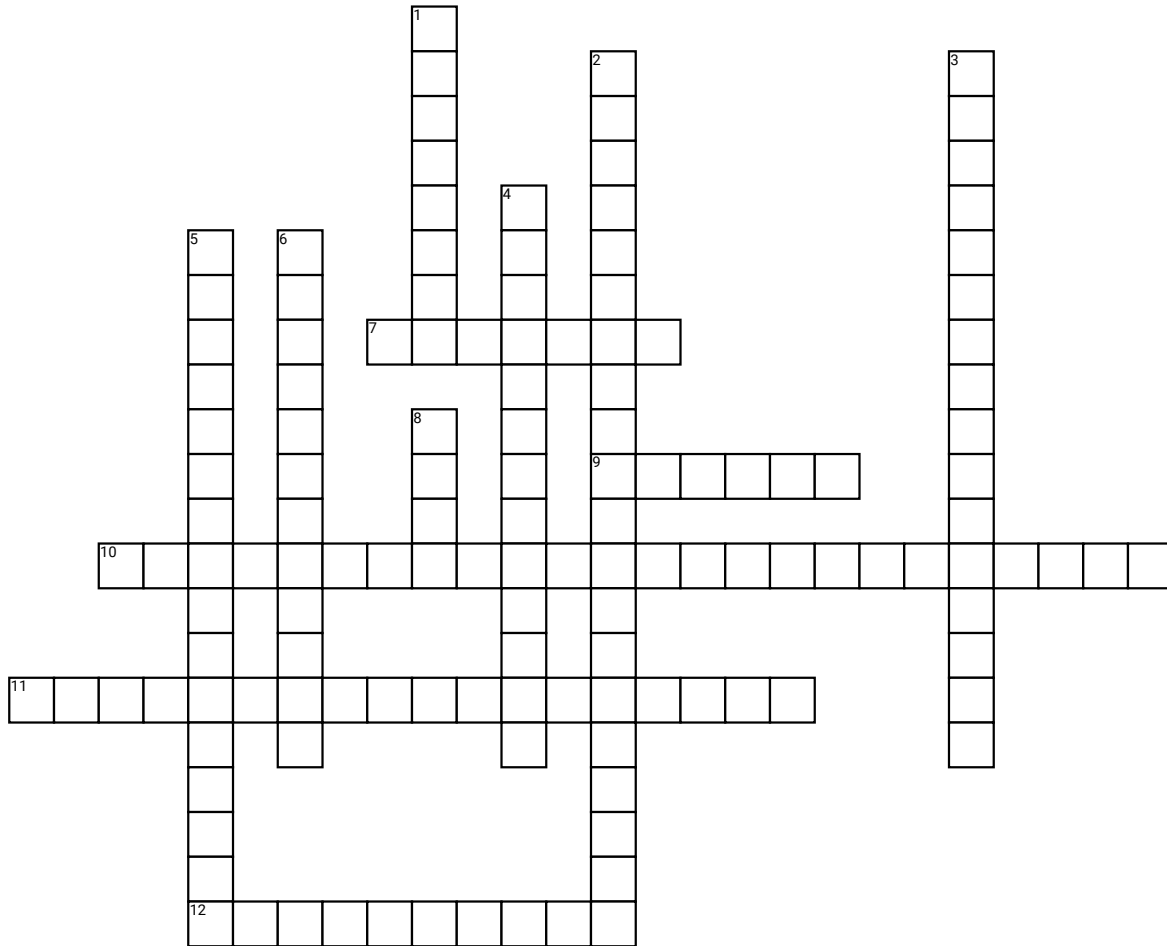


Name: _____

Ergonomics



Across

7. A _____ position is one where you have a comfortable working posture in which your joints are naturally aligned.

9. Not getting enough proper nutrients in your diet can make the body more susceptible to _____.

10. Repetitive motions, vibrations, & awkward posture can cause sprains, strains, &

11. Ergonomically designing work stations, tools, & equipment so the job fits you is an

12. The arrangement of the job to fit the person is the discipline of

Down

1. Infrequent _____ leads to poor physical condition & can contribute to back pain & injury.

2. Proper work techniques, training, conditioning, monitoring, and feedback are elements of

3. To prevent injuries to the back have regular & moderate

4. An example of an engineering control that reduces the force an employee uses to lift an object is

5. Condition where the blood vessels of the hand are damaged due to repeated exposure to long periods of vibrations

6. A disorder that affects the nerves of the hands and wrists is

8. If you bend your knees while you lift, your _____ help you lift.