

Ergonomics

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

work related injury
musculoskeletal
eye level
carrying
muscles
safety

awkward position
body mechanics
abduction
leverage
posture
strain

neutral position
grip strength
extension
flexion
science
bend

alternate tasks
soft tissue
handshake
lifting
stretch