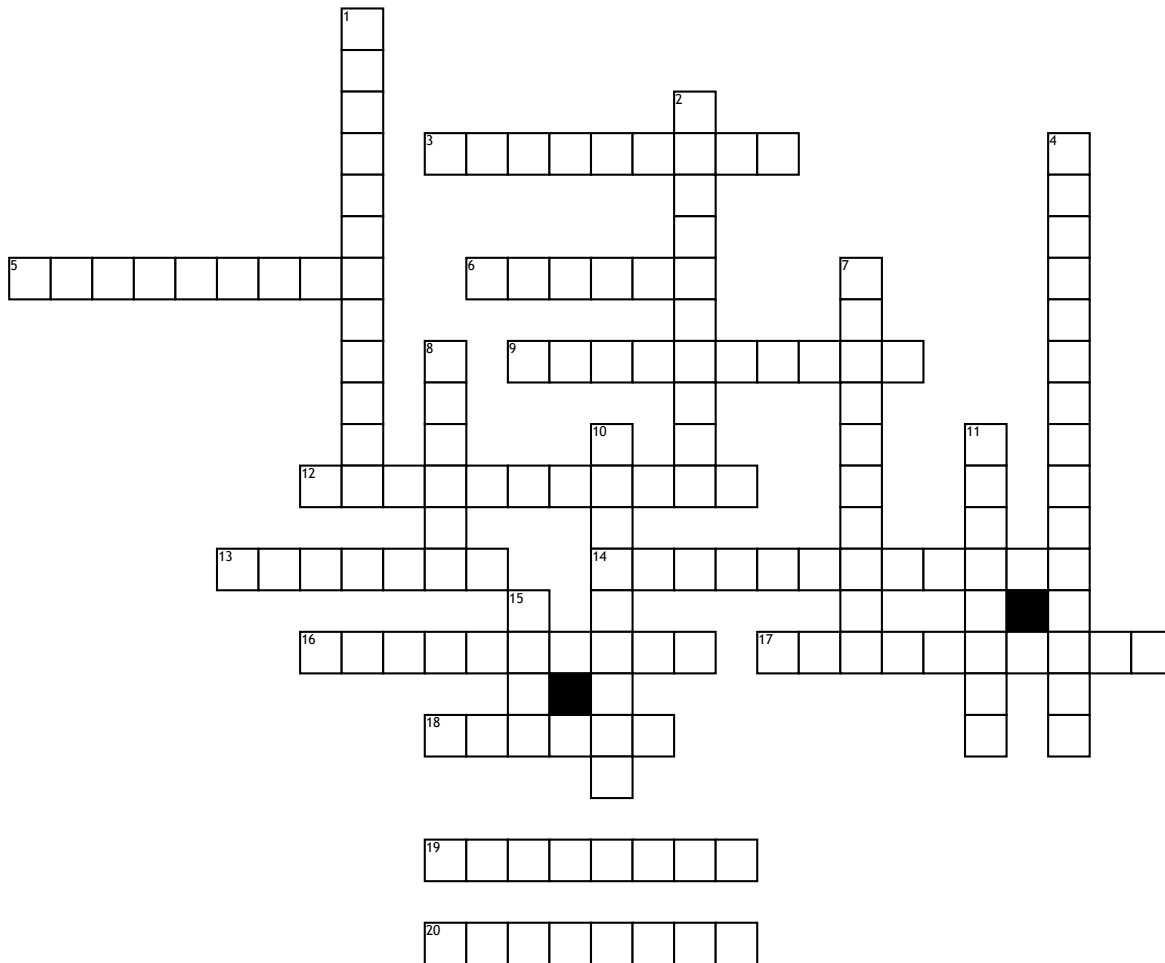


# Ergonomics



## Across

3. Implementing ergonomic solutions can make \_\_\_\_\_ more comfortable and productive.
5. Ergonomics is the science of designing the job, equipment and \_\_\_\_\_ to fit the worker.
6. Ensure your workstation is at a comfortable \_\_\_\_\_ for you.
9. Frequent mini-breaks and \_\_\_\_\_ exercises can help to relieve stress and make you feel better.
12. Ergonomics is sometimes called human \_\_\_\_\_.
13. Store items off the floor to minimize \_\_\_\_\_.
14. \_\_\_\_\_ is caused by repetitive strain on the wrist.

16. Good \_\_\_\_\_ reduces injury risk, improves work performance and efficiently builds a better end product.
17. Work related MSDs are among the most frequently reported causes of \_\_\_\_\_ work time.
18. If possible, use a stool, platform, hoist, or \_\_\_\_\_ to keep your work below head/shoulder height.
19. Do not bend your back, maintain its natural \_\_\_\_\_.
20. Ergonomics is the study of \_\_\_\_\_ and mental stresses on workers resulting from operation or interaction with machines.

## Down

1. Many industrial or warehouse jobs can cause \_\_\_\_\_ of certain muscle groups which may lead to muscle pain & strain.

2. Three risk factors of MSDs are vibrations, posture, & \_\_\_\_\_.
4. MSDs stand for \_\_\_\_\_ disorders.
7. An inflamed tendon is called \_\_\_\_\_.
8. Good ergonomic \_\_\_\_\_ creates a better work environment.
10. No matter who you are or what you do, make good ergonomic \_\_\_\_\_ part of your life.
11. An important step in the ergonomic process is to \_\_\_\_\_ and assess ergonomic problems in the workplace.
15. Stayin in \_\_\_\_\_ shape & not being overweight are the keys to preventing back injuries.