

Name: _____

Date: _____

Ergonomics

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

working positions
repetitive
keyboard
symptoms
motion
nerve

Carpal tunnel
ergonomic
numbness
monitor
wrist

work station
treatment
position
in line
chair

prevention
exercise
postures
neutral
glare