

Ergonomics and Safety

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

standing work station
palm support
adjustments
ergonomics
wellness
safety

repetitive motion
good posture
stretching
foot rest
seating
muscle

viewing distance
proper tools
wrist rest
leg room
comfort
injury