

Name: _____

Date: _____

Lift and Carry Safety

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

Mechanical devices
Oversized Load
Powerlifting
Ergonomics
Handholds
Carrying
Warmups

Forceful Exertion
Rehabilitation
Safety Gear
Power Zone
Team Lift
Pulling
Lifting

Awkward Position
Back Injuries
Wide Stance
Stretching
Backbend
Pushing
Weight