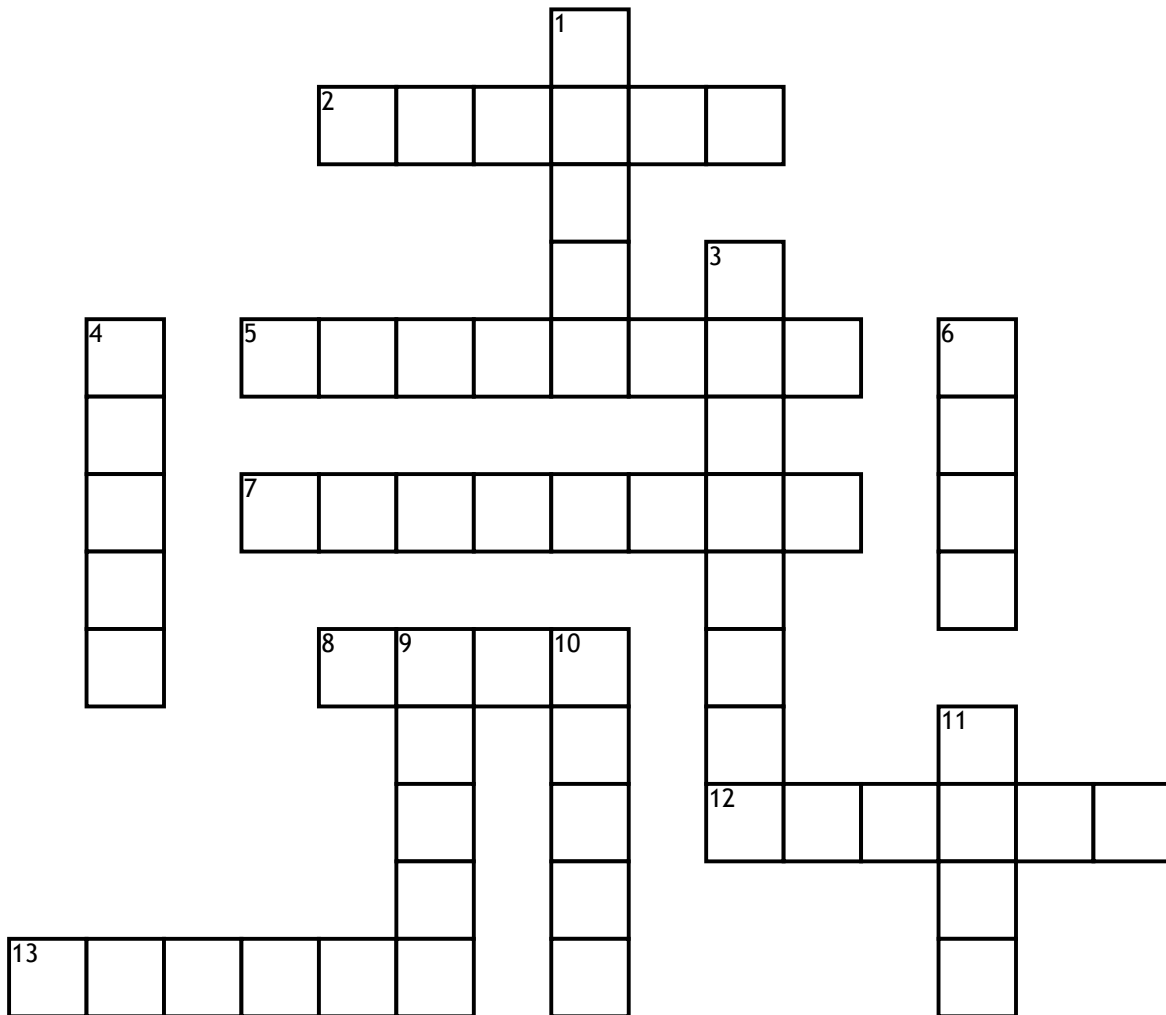


# Lifting and Lowering



**Across**

2. Use existing equipment to \_\_\_\_\_ the lift or

Lower

5. WW.

\_\_\_\_\_ Feet

7. Grasp \_\_\_\_\_ corners

8. Keep the natural curve of your \_\_\_\_\_

12. Lift with a \_\_\_\_\_ and steady Motion

13. Test object for ?

**Down**

1. \_\_\_\_\_ Dont twist

3. Also test for Shifting

4. Get What to an object ?

6. Dont \_\_\_\_\_

9. Shoulder width \_\_\_\_\_

10. Bend at the \_\_\_\_\_

11. \_\_\_\_\_ your feet