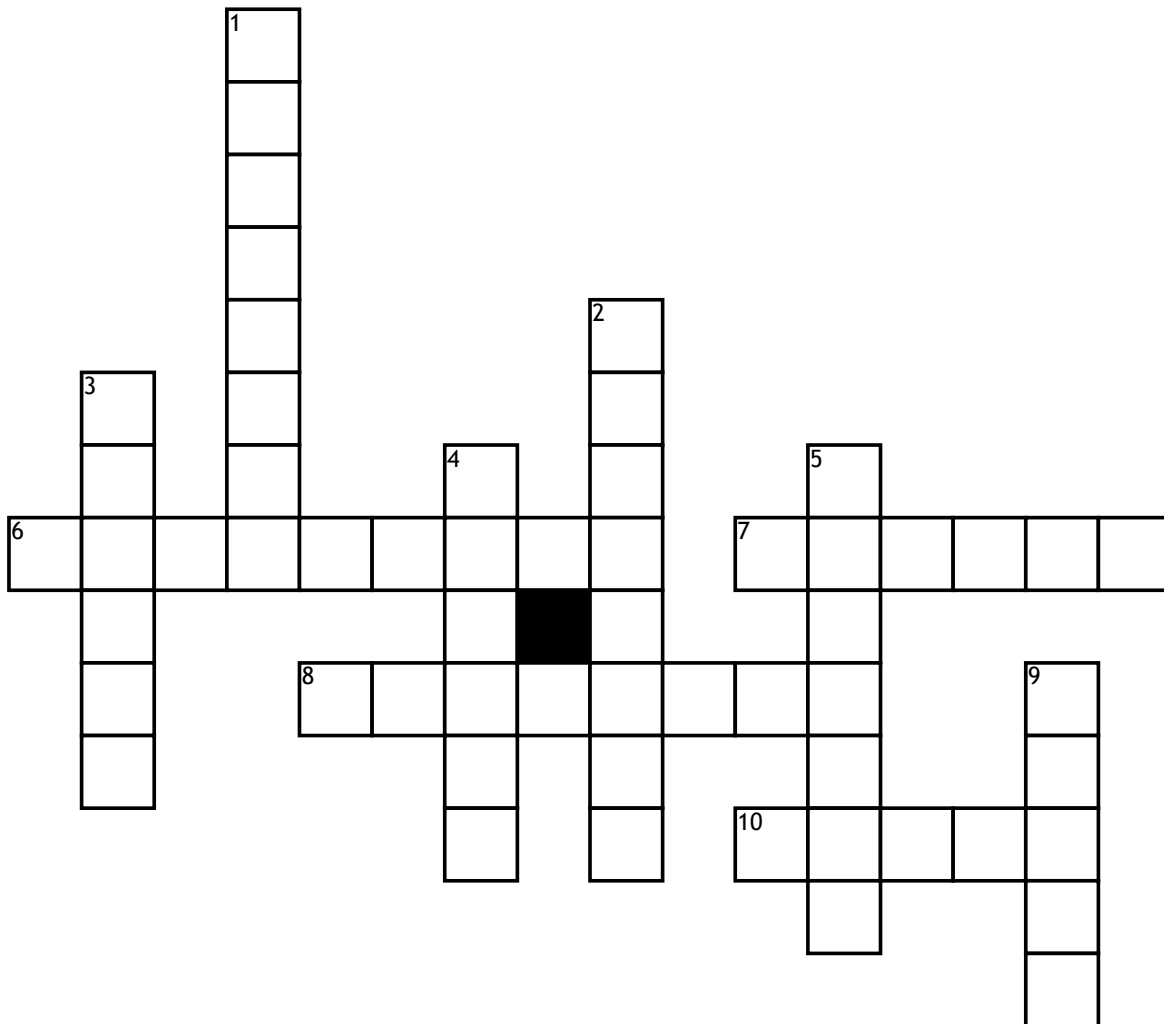


# Manual Handling



## Across

6. Before and after lifting you should do some ....

7. Remember to stick your ..... out

8. Keep your back .....

10. Do not use your back as a.....

## Down

1. .... helps in preventative back care

2. ...while lifting can result in injurt

3. Injuring your back now could cause problems in the.....

4. If an object is over ....kg it is best to do a two person lift

5. Working to maintain a good.... helps to avoid injury

9. Bend at the.....