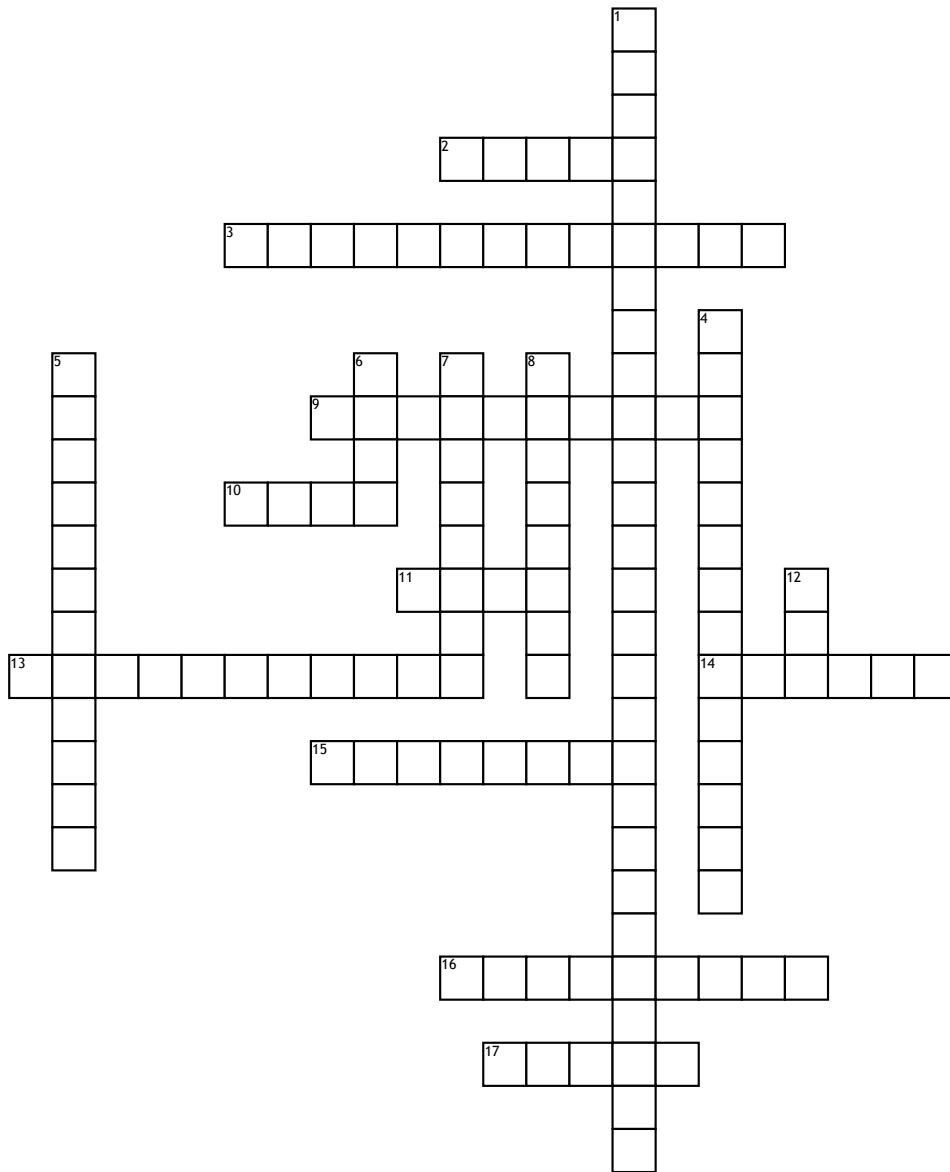


Name: _____

Safety & Wellness Crossword



Across

- 2. Leading cause of injury for people over the age of 25
- 3. Proper what helps you avoid muscle fatigue and injuries as you walk, bend over, lift objects or perform other activities for daily living
- 9. A person's mistake rather than on the failure of a machine
- 10. Hand sanitizer can cause ____ if left in your car, or in extremely hot conditions
- 11. The condition of being protected from or unlikely to cause danger, risk, or injury
- 13. A harmful reduction in the amount of water in the body
- 14. A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances

- 15. Prompts your body to release feel-good hormones like endorphins, which can help you to feel less stressed.
- 16. The goal of Summer Safety Month is to increase public awareness of the leading safety and health risks that are increased in the summer months to decrease the number of injuries and deaths at homes and in the?
- 17. Drink 6 to 8 glasses each day to prevent dehydration

Down

- 1. Protective devices, garments, or coverings (such as respirators, helmets, face shields, boots, or gloves) that are worn especially by workers to minimize exposure to hazards that may cause injury or illness

- 4. Just 30 minutes every day of this can increase of this can increase what system
- 5. This includes our emotional, psychological, and social well-being.
- 6. National Employee Wellness Month is celebrated through out the month of?
- 7. According to the Wellness Council of America, more than 100 million of these workdays are lost to low
- 8. The state of being in good health, especially as an actively pursued goal
- 12. Make sure to remove medical supplies from your ____ when it is hot outside.