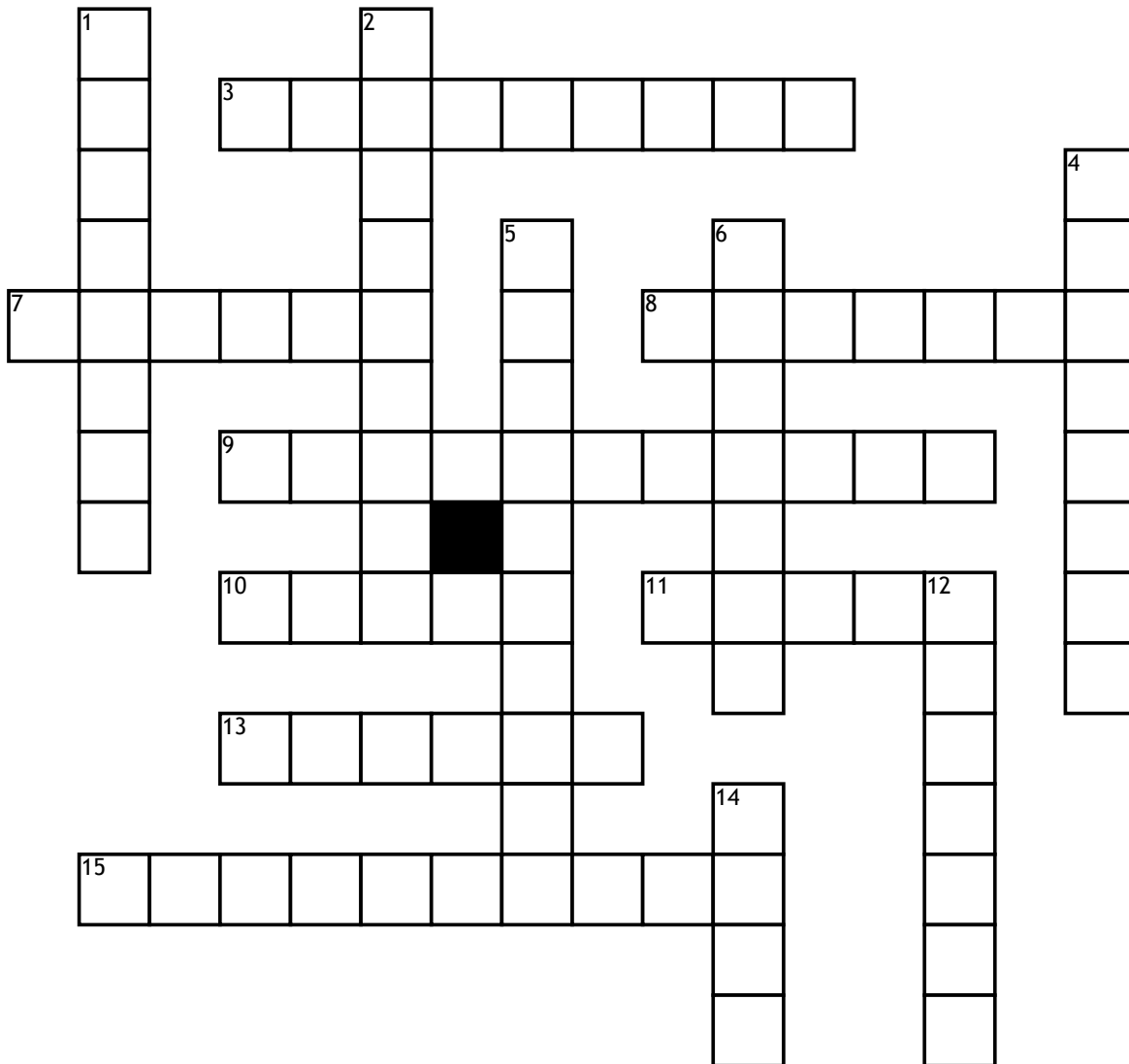


WHY IS AN ERGONOMICALLY-CORRECT WORK SPACE IMPORTANT?



Across

3. Use an adjustable office chair that helps maintain normal spinal _____.
7. RMIs are repetitive _____ injuries.
8. _____ height should be at or just below eye level.
9. Layering clothing or using a fan can help control the _____.
10. Take breaks; this helps improve your circulation and _____.

11. The term ergonomics derives from the Greek, _____ means "work."

13. To help eliminate glare, use an anti-glare screen _____.

15. CTDs are _____ trauma disorders.

Down

1. _____ and mouse should be on the same level.

2. Identify and eliminate all potential _____ risk factors to create an effective and efficient work space.

4. While sitting in your chair, your feet should be flat on the floor and your thighs _____ to the floor.

5. Do a detailed ergonomic risk _____ of your entire work area.

6. Proper _____ is important; awkward positions can cause muscle strain.

12. Also from the Greek, the latter half of ergonomics, nomoi, means _____ law.

14. Improper _____ height can affect proper monitor and keyboard placement.