

Name: _____

Date: _____

Workplace Ergonomics

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

repetition
eyesight
hearing
moving
legs

nutrition
standing
lifting
knees

hydration
bending
medical
wrist

ergonomic
healthy
posture
spine