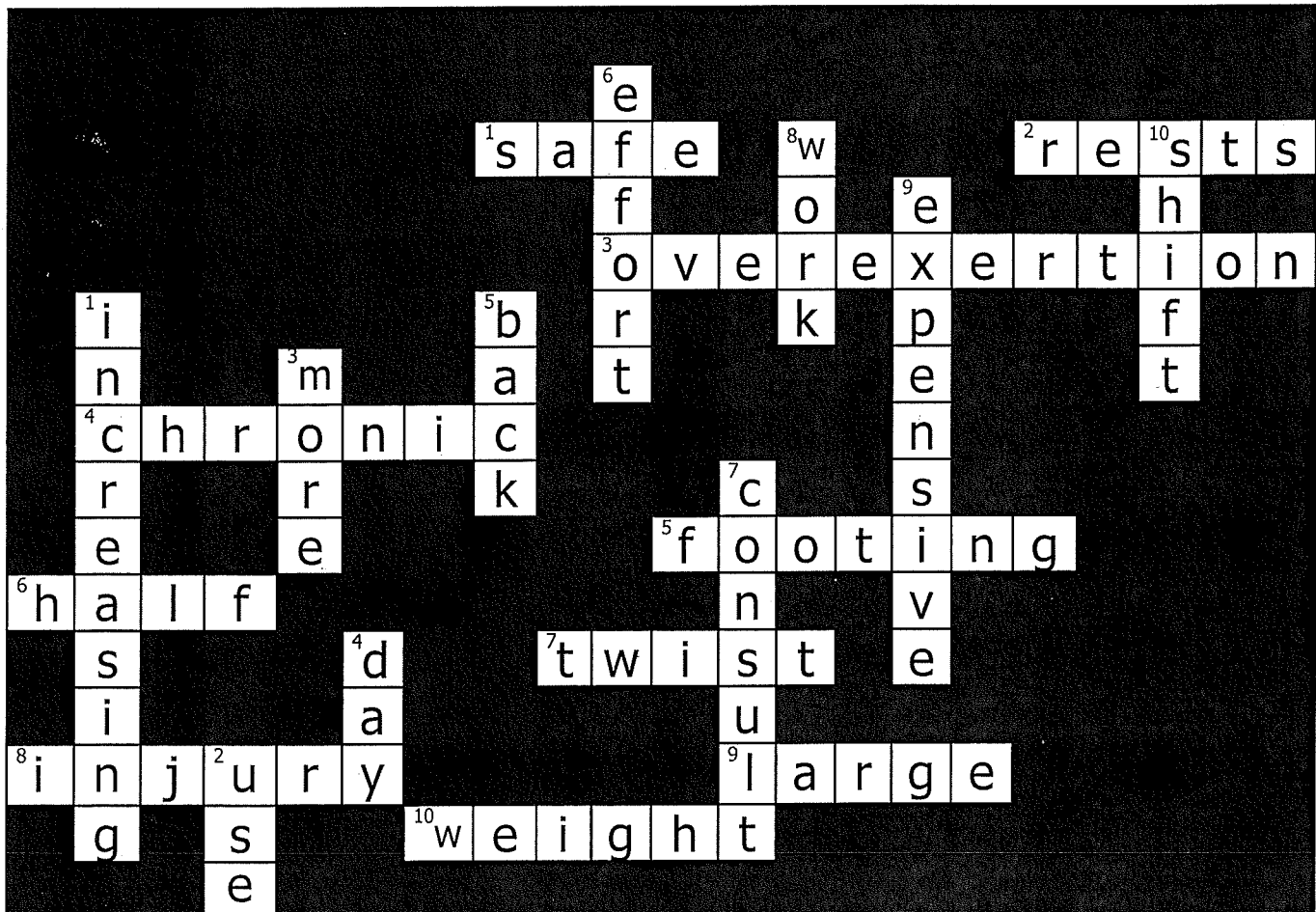


Preventing Overexertion

Crossword Puzzle



NATIONAL
SAFETY
MONTH



Across

- To protect your back, use ____ lifting techniques such as lifting with your legs and not your back.
- Take short ____ in between strenuous activities – it is important for recovery.
- ____ is the top cause of nonfatal disabling work injuries.
- Overexertion is a serious problem and can lead to ____ back pain.
- Keep the load being lifted close to the body and make sure your ____ is solid.
- Overexertion injuries can result from a variety of different activities. However, more than ____ result when lifting objects.
- Never bend or ____ the back when lifting.
- Overexertion is a non-impact ____ resulting from excessive physical effort in activities such as lifting, lowering, pulling, pushing, turning, holding and carrying.
- Some of the common failures are lifting a load that is too heavy, too ____ or contains a load that shifts.
- Limit the amount of ____ you carry and get help to carry heavy, bulky or large loads.

Down

- Overexertion injuries occurring at home or in the community are ____.
- Receive proper training to safely ____ tools and equipment.
- Males are ____ likely than females to experience an injury from overexertion.
- Begin each ____ with light warm-up exercises and stretching.
- The most common overexertion injuries are strains and sprains, especially of the lower ____.
- Keep tools and equipment in good working condition so they require less ____ to use.
- ____ a medical professional if you experience joint pain or discomfort that does not go away.
- At ____, report any discomfort or injury experienced.
- Overexertion can be an ____ problem. The costs to treat sprains and strains are rising and exceed the average of all cases.
- These types of injuries are more likely to occur earlier, and not later, in a work ____.