

# Acting on Safety

**Be aware  
and use care  
when lifting.**



**Overexertion is the third leading cause for non-fatal injuries in the United States.\*** Pacing yourself and moving properly can help make you more productive in the end.

**It's important to:**

- Stretch and/or warm up before heavy lifting or strenuous activity
- Know your limits. Don't be afraid to slow your pace or take a break if your body needs one
- Lighten your load with a friend! Take the strain off with half the load
- Avoid bending, reaching and twisting when lifting
- Lift with your legs bent and objects close to your body

*\* National Safety Council Injury Facts, 2010 Edition.*

**Remember  
Safety is NO Accident!**



NATIONAL  
**SAFETY**  
MONTH  
2010

Learn more about acts of safety:

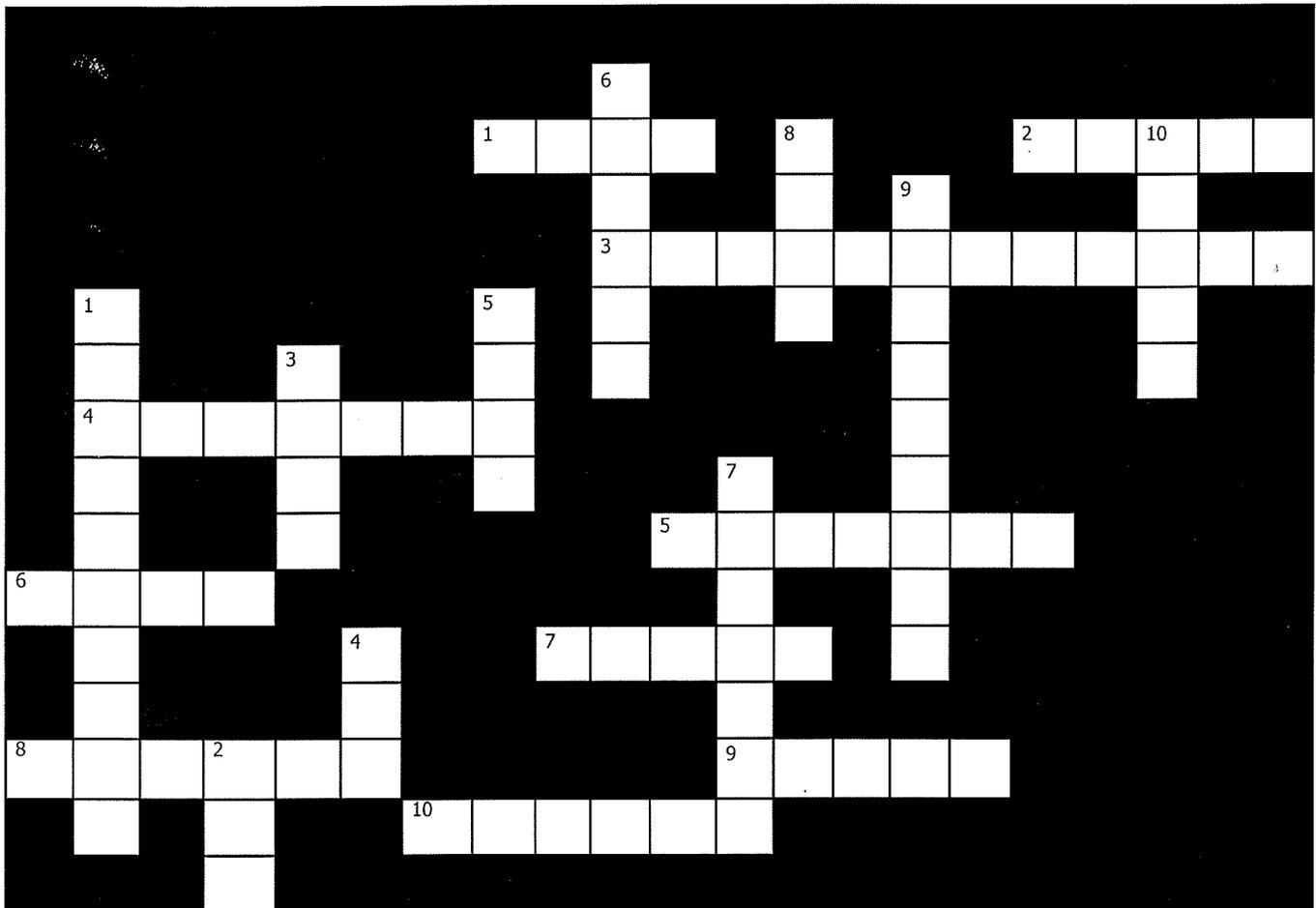
[nsc.org/nsm](http://nsc.org/nsm)

# Preventing Overexertion

## Crossword Puzzle



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### 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 \_\_\_\_\_.