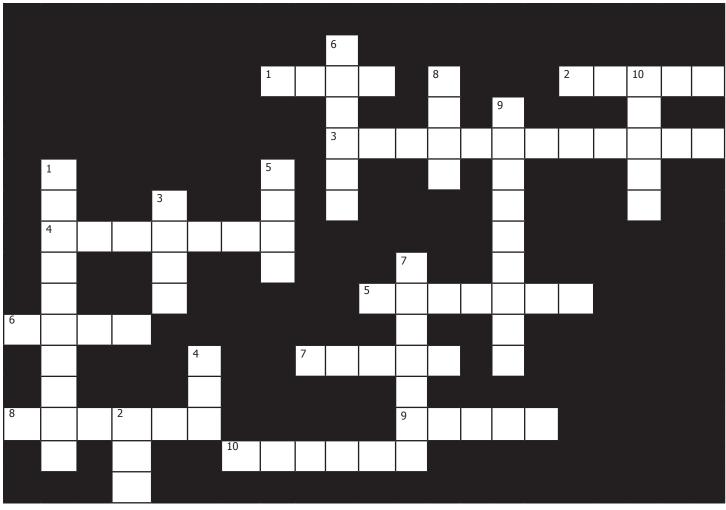
## **Preventing Overexertion**



## **Crossword Puzzle**



## Across 1. To protect your back, use \_\_\_\_ lifting techniques such as

lifting with your legs and not your back. 2. Take short in between strenuous activities – it is important for recovery. \_\_\_\_ is the top cause of nonfatal disabling work 3. injuries. 4. Overexertion is a serious problem and can lead to back pain. 5. Keep the load being lifted close to the body and make sure your \_\_\_\_\_ is solid. 6. Overexertion injuries can result from a variety of different activities. However, more than result when lifting objects. 7. Never bend or the back when lifting. 8. Overexertion is a non-impact \_\_\_\_\_ resulting from excessive physical effort in activities such as lifting, lowering, pulling, pushing, turning, holding and carrying. 9. Some of the common failures are lifting a load that is too heavy, too \_\_\_\_\_ or contains a load that shifts.

10. Limit the amount of \_\_\_\_ you carry and get help to

carry heavy, bulky or large loads.

## Down

1. Overexertion injuries occurring at home or in the community are \_\_\_\_\_ 2. Receive proper training to safely \_\_\_\_\_ tools and equipment. 3. Males are \_\_\_\_\_ likely than females to experience an injury from overexertion. 4. Begin each \_\_\_\_ with light warm-up exercises and stretching. 5. The most common overexertion injuries are strains and sprains, especially of the lower 6. Keep tools and equipment in good working condition so they require less \_\_\_\_\_ to use. 7. \_\_\_\_\_ a medical professional if you experience joint pain or discomfort that does not go away. 8. At , report any discomfort or injury experienced. 9. Overexertion can be an \_\_\_\_\_ problem. The costs to treat sprains and strains are rising and exceed the average of all cases. 10. These types of injuries are more likely to occur earlier, and not later, in a work \_\_\_\_\_.