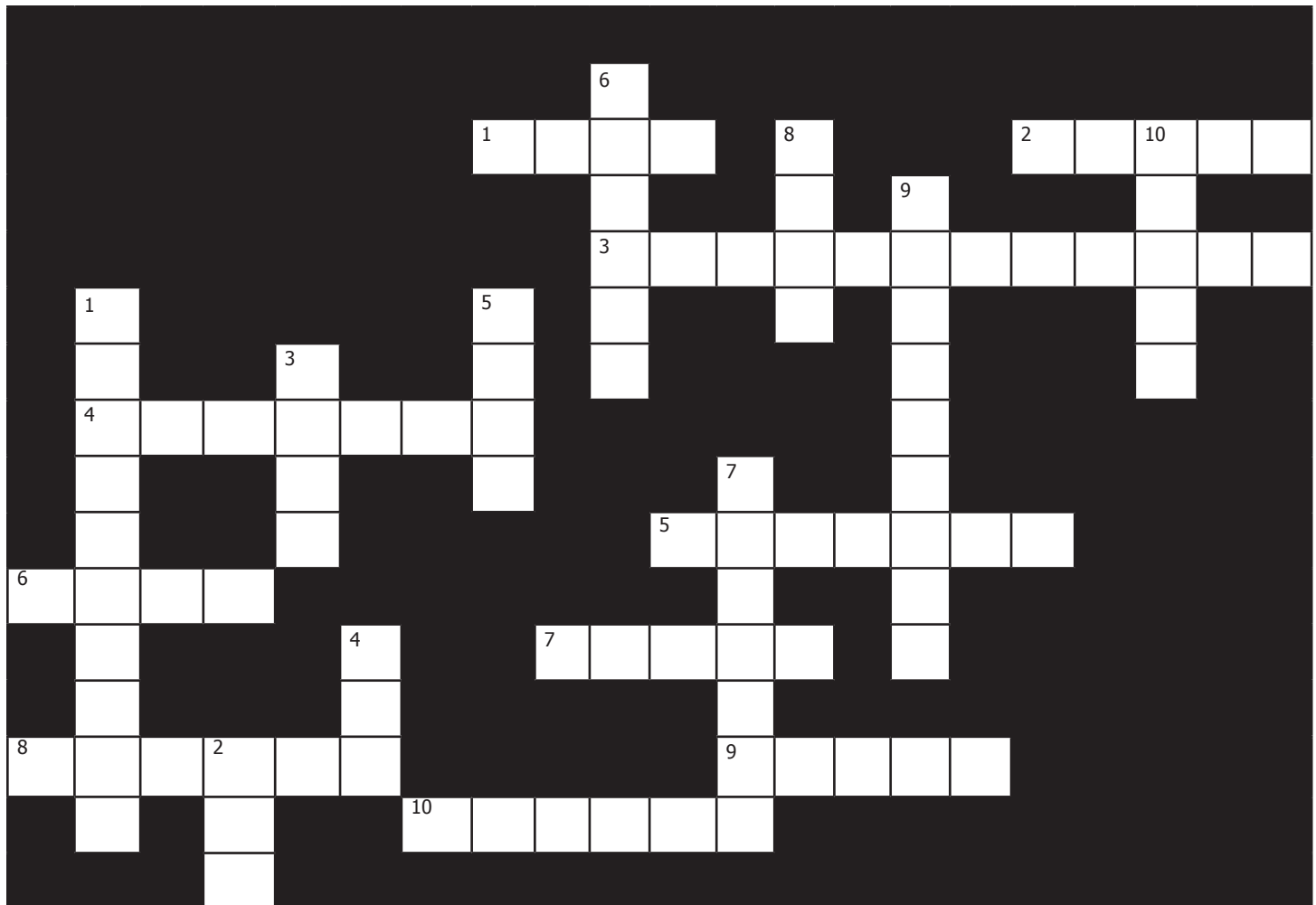


Preventing Overexertion



NATIONAL
SAFETY
MONTH 2020

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.
3. _____ is the top cause of nonfatal disabling work 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 _____.