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.
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 _________.

Clues:
1. Lifting with your legs and not your back
2. Recovery
3. Nonfatal disabling work injuries
4. Back pain
5. Solid
6. Result
7. Bend
8. Non-impact
9. Heavy
10. Carry

Across:
1. Use lifting techniques
2. Take short breaks
3. Top cause of nonfatal disabling work injuries
4. Result in back pain
5. Keep load close
6. Variety of activities
7. Don’t bend
8. Non-impact
9. Load is heavy
10. Carry

Down:
1. Overexertion injuries
2. Proper training
3. Likely
4. Warm-up exercises
5. Strains and sprains
6. Tools
7. Medical professional
8. Injury reported
9. Overexertion problem
10. Injuries are more likely to occur earlier