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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Body Mechanics

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|  |  | 5 |  |  |  |  |  |  |  |  |  |  | 6 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |
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| **Across**  **3.** place over 70 on the....  **5.** move feet dont ....  **6.** ... opposite corners  **8.** seek .... from others when needed  **9.** lift with a ..., steady motion  **11.** position body to avoid ... motions  **12.** position feet .... width apart | **Down**  **1.** Maximun strength  **2.** test the object for shifting  **4.** get close to the ...  **7.** use existing....  **10.** ... at the knees |