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

Body Mechanics

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|  |  |  |  |  |  |  |  |  |  | 2  E |  |  |  |  |  |  |  |  |  |  | O |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 3  P | A | R | E | S | T | H | E | S | I | A |  |  | R |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | G |  |  |  |  |  |  |  |  |  |  | T |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 4  B | L | O | O | D | P | R | E | S | S | U | R | 5  E |  | I |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 7  S |  |  |  | O |  |  |  | 8  S |  |  |  |  | E |  | O |  |  | A |  |  |  |  |  |
|  |  |  |  |  |  | L |  |  | 9  R | M | I | S |  | P |  |  |  |  | R |  | S |  |  | C |  |  |  |  |  |
|  |  |  |  |  |  | I |  |  |  | I |  |  |  | L |  |  |  |  | C |  | T |  |  | K |  |  |  |  |  |
|  |  |  |  | 10  B | O | D | Y | M | E | C | H | A | N | I | C | 11  S |  |  | 12  I | C | E |  |  | B |  |  |  |  |  |
|  |  |  |  |  |  | I |  |  |  | S |  |  |  | N |  | I |  |  | S |  | R |  |  | E |  |  |  |  |  |
|  |  |  |  |  |  | N |  | 13  L |  |  |  | 14  L |  | I |  | X |  |  | I |  | I |  |  | L |  |  |  |  |  |
|  |  |  |  |  |  | G |  | I |  | 15  T | W | E | N | T | Y |  | 16  T | E | N | D | O | N | I | T | I | S |  |  |  |
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|  |  |  |  |  |  |  | 17  S | T | R | 18  E | S | S |  | 19  N | I | O | S | H |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  | 20  K | N | E | E | S |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  | 21  T | W | E | N | T | Y | M | I | N | U | T | E | S |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 22  C | A | R | P | A | L | T | U | N | N | E | L |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Across**  **3.** A symptom of RMIs  **4.** Opponents of using back belts believe they cause an increase in this-two words  **9.** Over use of one part part-abbreviated  **10.** Correct positioning of the body for a given task -(two words)  **12.** A conservative treatment measure for injuries  **15.** Back injuries account for what percent of all injuries and illnesses in the workplace  **16.** A RMI caused by repeated motion in a joint that inflames the tendon  **17.** A risk factor that increases the likelihood of inury  **19.** The abbreviation for The National Institute for Occupational Safety and Health  **20.** You should avoid pressing this against the edge of the chair seat  **21.** When using a computer you should rest your eyes for this amount of time- two words  **22.** One of the most common RMI- two words  **23.** Back injuries cost the nation an estimated of how many dollars per year | **Down**  **1.** This medication is often injected into inflamed joint  **2.** What is the science of designing & arranging things to prevent injury  **5.** A best preventative practice to decrease injuries would be  **6.** Many health professionals believe this decreases the amount of lower back injuries when worn  **7.** When possible do this instead of lifting objects  **8.** This is commonly used for hand and wrist injuries and often custom molded by an occupational therapist  **11.** Increase your base of support by positing your feet this many inches  **13.** An example of normal activities done daily by nurses that may cause injuries  **14.** When lifting, what part of the body should be used  **18.** A common problem that develops when working with computer screens |