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

Body Mechanics

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1C |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 2E |  |  |  |  |  |  |  |  |  |  |  O |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 3P |  A |  R |  E |  S |  T |  H |  E |  S |  I |  A |  |  |  R |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  G |  |  |  |  |  |  |  |  |  |  |  T |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 4B |  L |  O |  O |  D |  P |  R |  E |  S |  S |  U |  R | 5E |  |  I |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  N |  |  |  |  |  |  |  |  |  X |  |  C |  |  | 6B |  |  |  |  |  |
|  |  |  |  |  |  | 7S |  |  |  |  O |  |  |  | 8S |  |  |  |  |  E |  |  O |  |  |  A |  |  |  |  |  |
|  |  |  |  |  |  |  L |  |  | 9R |  M |  I |  S |  |  P |  |  |  |  |  R |  |  S |  |  |  C |  |  |  |  |  |
|  |  |  |  |  |  |  I |  |  |  |  I |  |  |  |  L |  |  |  |  |  C |  |  T |  |  |  K |  |  |  |  |  |
|  |  |  |  | 10B |  O |  D |  Y |  M |  E |  C |  H |  A |  N |  I |  C | 11S |  |  | 12I |  C |  E |  |  |  B |  |  |  |  |  |
|  |  |  |  |  |  |  I |  |  |  |  S |  |  |  |  N |  |  I |  |  |  S |  |  R |  |  |  E |  |  |  |  |  |
|  |  |  |  |  |  |  N |  | 13L |  |  |  | 14L |  |  I |  |  X |  |  |  I |  |  I |  |  |  L |  |  |  |  |  |
|  |  |  |  |  |  |  G |  |  I |  | 15T |  W |  E |  N |  T |  Y |  | 16T |  E |  N |  D |  O |  N |  I |  T |  I |  S |  |  |  |
|  |  |  |  |  |  |  |  |  F |  |  |  |  G |  |  I |  |  |  |  |  G |  |  D |  |  |  S |  |  |  |  |  |
|  |  |  |  |  |  |  | 17S |  T |  R | 18E |  S |  S |  | 19N |  I |  O |  S |  H |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  I |  |  Y |  |  |  |  G |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 20K |  N |  E |  E |  S |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  G |  |  S |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 21T |  W |  E |  N |  T |  Y |  M |  I |  N |  U |  T |  E |  S |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  R |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 22C |  A |  R |  P |  A |  L |  T |  U |  N |  N |  E |  L |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  I |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 23M |  I |  L |  L |  I |  O |  N |  S |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **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 |