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Body Mechanics

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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 |