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

Lifting and Lowering

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|  |  |  |  |  |  |  | 1  P |  |  |  |  |  |  |  |
|  |  |  |  | 2  A | S | S | I | S | T |  |  |  |  |  |
|  |  |  |  |  |  |  | V |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | O |  | 3  C |  |  |  |  |  |
|  | 4  C |  | 5  P | O | S | I | T | I | O | N |  | 6  J |  |  |
|  | L |  |  |  |  |  |  |  | N |  |  | E |  |  |
|  | O |  | 7  O | P | P | O | S | I | T | E |  | R |  |  |
|  | S |  |  |  |  |  |  |  | E |  |  | K |  |  |
|  | E |  |  | 8  B | 9  A | C | 10  K |  | N |  |  |  |  |  |
|  |  |  |  |  | P |  | N |  | T |  |  | 11  M |  |  |
|  |  |  |  |  | A |  | E |  | 12  S | M | O | O | T | H |
|  |  |  |  |  | R |  | E |  |  |  |  | V |  |  |
| 13  W | E | I | G | H | T |  | S |  |  |  |  | E |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Across**  **2.** Use existing equipment to \_\_\_\_\_\_\_\_the lift or Lower  **5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Feet  **7.** Grasp \_\_\_\_\_\_ corners  **8.** Keep the natural curve of your \_\_\_\_\_\_  **12.** Lift with a \_\_\_\_\_\_\_\_\_\_ and steady Motion  **13.** Test object for ? | **Down**  **1.** \_\_\_\_\_\_\_\_\_\_\_ Dont twist  **3.** Also test for Shifting  **4.** Get What to an object ?  **6.** Dont \_\_\_\_\_\_\_\_  **9.** Shoulder width \_\_\_\_\_  **10.** Bend at the \_\_\_\_\_\_\_  **11.** \_\_\_\_\_\_\_ your feet |