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

Lifting and Lowering

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

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