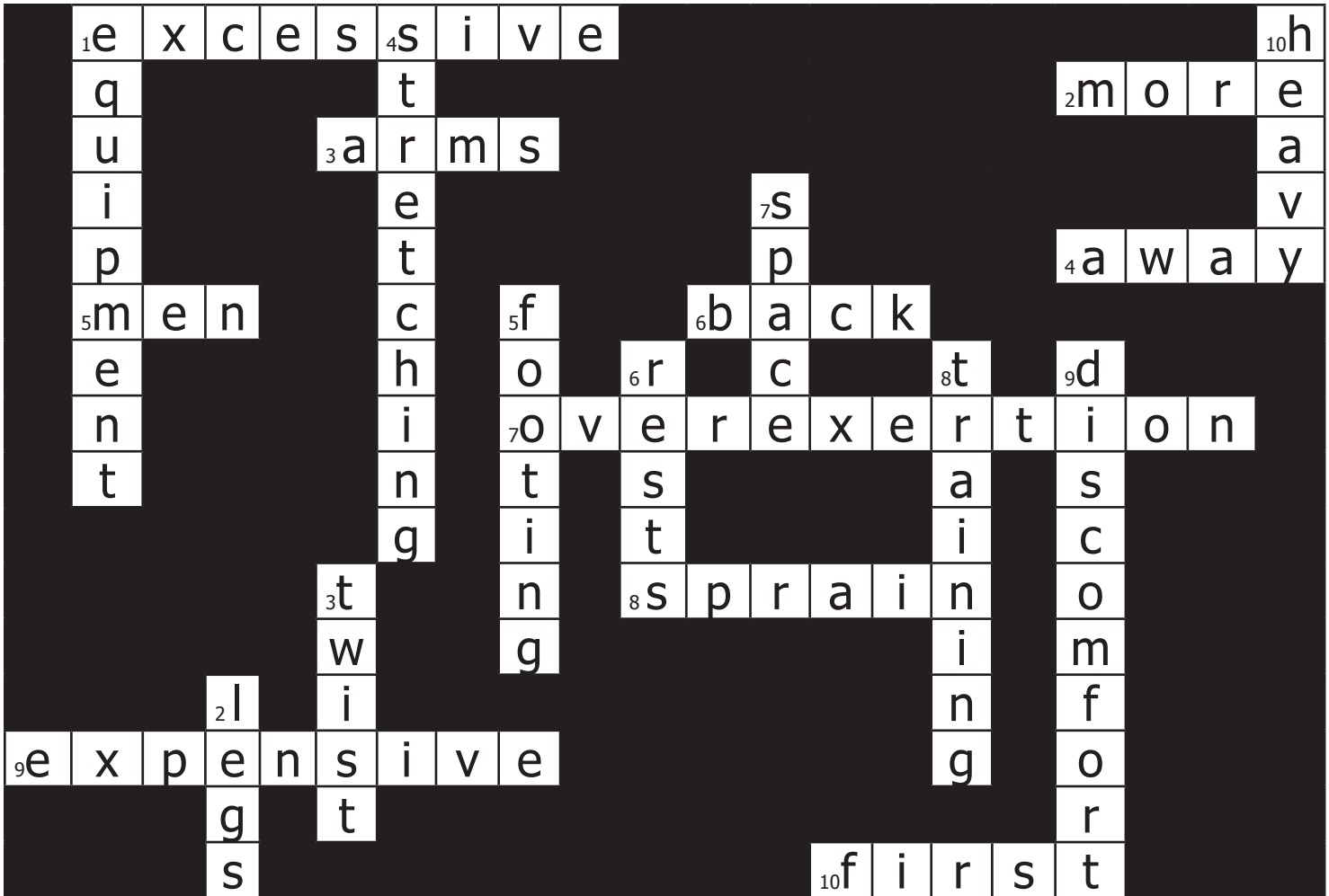


# Overexertion Crossword Puzzle



NORTH DAKOTA  
**SAFETY**  
MONTH 09



## Across

- Overexertion is a major cause of the inflammation of joints and ligaments that results from \_\_\_\_\_ physical effort.
- \_\_\_\_\_ than half of overexertion injuries result from lifting objects.
- Never lift with \_\_\_\_\_ extended.
- Overexertion is the number one cause of days \_\_\_\_\_ from work - 298,000 cases in 2006.
- Overexertion injury rates are higher among \_\_\_\_\_.
- The most common overexertion injuries are strains and sprains, especially of the \_\_\_\_\_.
- \_\_\_\_\_ is a serious and chronic problem that affects many people.
- 78% of overexertion results in a \_\_\_\_\_ or strain.
- Overexertion is an \_\_\_\_\_ problem.
- Injuries most often occur in the \_\_\_\_\_ 2 to 4 hours of work.

## Down

- Keep tools and \_\_\_\_\_ in good condition.
- Lift with your \_\_\_\_\_, not your back.
- Never bend or \_\_\_\_\_ the back when lifting.
- Begin each day with light warm-up exercises and \_\_\_\_\_.
- Make sure your \_\_\_\_\_ is solid.
- Take short \_\_\_\_\_ in between strenuous activities.
- Allow enough \_\_\_\_\_ to work in a neutral position.
- Receive proper \_\_\_\_\_ to use tools and equipment.
- At work, report any \_\_\_\_\_ or injury experienced when working.
- Get help to carry \_\_\_\_\_, bulky or large loads.