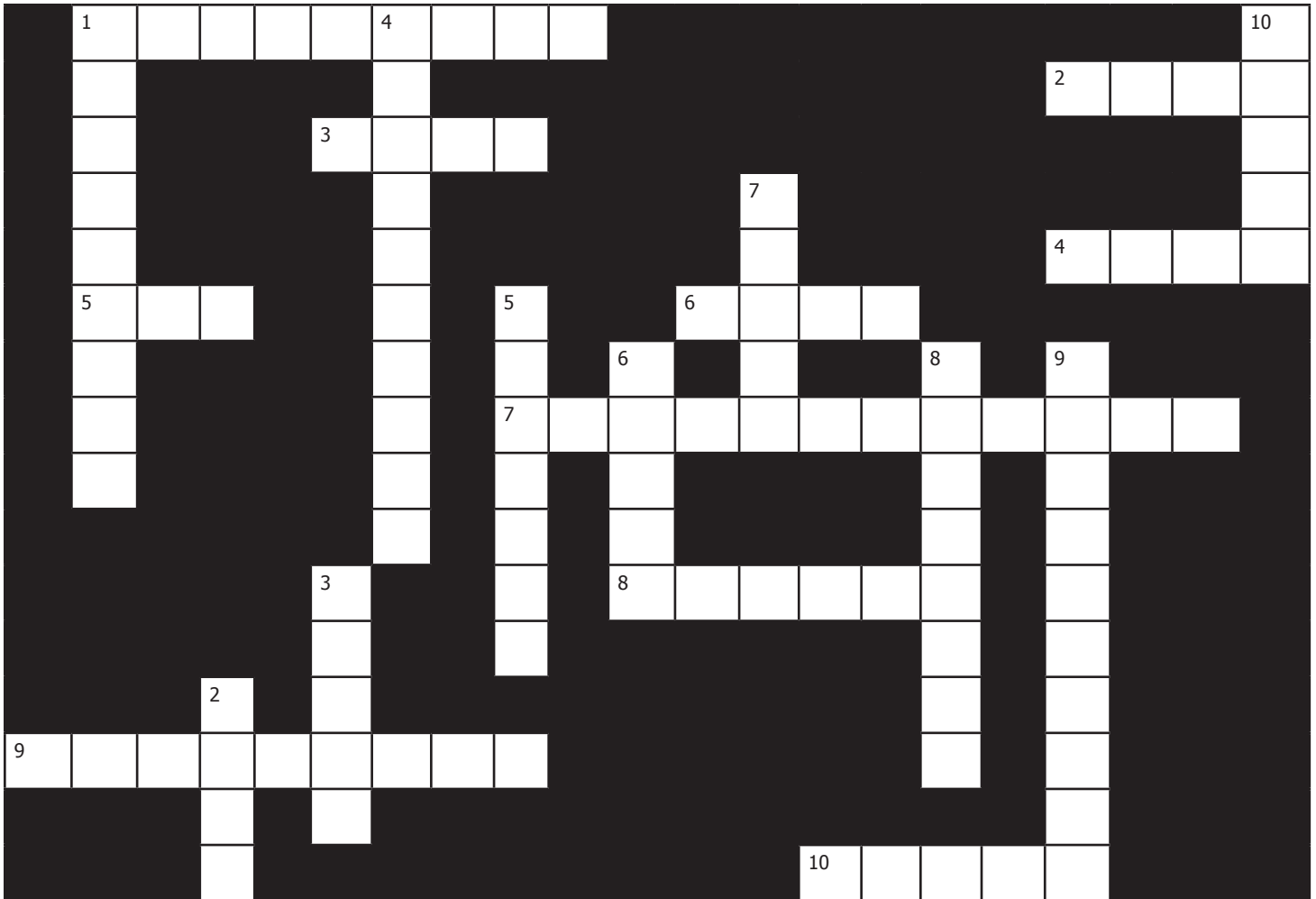


Overexertion

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.