

# Bring Safety Home:

## Overexertion



NORTH DAKOTA  
**SAFETY**  
MONTH 09

### Word Bank:

HEAT  
FLUIDS  
STRETCH  
EXERCISE  
BREAKS

LIFTING  
BENDING  
REACHING  
PULLING  
HELP

REST  
RECOVER  
BACK  
TIRED  
EFFORT

EXCESSIVE  
SPRAINS  
TECHNIQUE  
WEIGHT  
TRAINING

A	R	F	J	G	G	V	D	R	U	J	G	D	J	U	Y	J	K	U	O	U	L	O	H
D	E	T	U	R	G	J	O	I	J	L	O	P	J	F	R	T	C	C	K	G	J	R	K
K	S	T	Y	U	D	R	E	Q	Y	U	K	D	F	N	B	V	R	T	I	T	F	E	N
K	T	T	J	T	R	W	R	K	B	J	A	Z	T	J	S	X	V	M	H	K	Y	A	E
J	I	T	R	G	J	F	S	N	M	T	R	L	D	K	T	U	T	E	T	H	K	C	A
L	T	B	R	E	A	K	S	U	T	R	S	Q	I	J	R	K	Y	T	R	T	H	H	N
O	P	U	R	E	H	D	G	Y	E	N	S	J	N	F	E	B	R	T	I	U	W	I	F
L	Y	R	U	F	S	V	H	W	I	K	E	T	I	V	T	X	M	B	V	T	R	N	G
K	R	Y	S	A	E	T	F	A	B	M	C	R	T	U	C	I	I	R	T	H	F	G	O
U	R	Y	I	G	K	H	R	V	L	J	B	G	Y	K	H	M	N	K	T	Y	I	X	K
L	U	X	H	L	J	P	T	R	J	A	J	N	R	T	K	I	Y	G	M	E	W	K	G
M	F	K	I	G	S	N	A	D	K	Y	T	D	K	N	H	R	I	L	M	N	U	R	K
L	Q	L	E	J	B	D	J	L	I	D	G	B	V	E	T	H	W	E	I	G	H	T	K
U	R	T	U	M	R	Y	I	D	S	G	B	K	Y	R	K	D	A	F	K	T	R	J	E
K	M	Y	G	I	E	W	Q	T	B	K	H	B	M	T	L	U	Y	F	R	I	X	G	K
T	K	U	R	F	D	N	T	R	A	F	X	Y	R	K	N	R	Y	I	C	H	L	U	N
E	K	T	Y	I	G	S	J	Y	C	X	B	O	I	T	F	G	J	B	T	E	R	U	H
C	B	Y	Z	A	S	H	M	R	K	O	F	L	J	H	P	U	L	L	I	N	G	T	A
H	M	I	U	G	J	D	T	K	E	F	N	S	D	J	K	X	F	K	R	I	Y	J	E
N	M	U	H	F	R	T	K	H	E	Y	R	E	K	H	D	X	A	R	E	E	W	T	J
I	N	U	T	H	F	D	T	N	K	U	H	X	Y	R	R	E	Y	I	D	M	L	U	C
Q	L	U	Y	D	A	Z	F	J	T	F	I	C	K	Y	I	E	B	H	F	J	Y	E	H
U	M	Y	G	D	S	G	F	E	J	K	Q	E	M	J	H	F	C	U	I	G	V	J	E
E	B	X	G	D	G	J	S	N	K	Z	A	S	K	H	B	M	T	O	J	K	Y	H	L
U	M	B	E	N	D	I	N	G	Q	Y	G	S	J	K	O	K	H	B	V	W	I	K	P
M	T	F	T	I	C	X	S	F	K	B	R	I	G	K	C	N	J	L	U	E	Q	R	U
N	E	R	A	R	X	N	G	R	U	O	I	V	S	A	H	V	M	J	Y	Z	R	A	V
B	R	S	E	C	G	F	U	Y	J	M	N	E	X	F	J	T	Y	J	D	G	B	D	Y
J	T	X	V	M	H	K	T	I	K	G	H	N	Q	U	A	U	G	U	K	H	N	F	T
K	E	H	T	B	N	T	U	D	G	N	K	U	I	L	K	Q	B	J	I	T	Y	A	E
N	G	F	T	S	J	T	C	K	U	I	B	S	J	T	G	V	H	E	A	T	B	T	A
I	O	H	J	T	R	A	I	N	I	N	G	N	R	T	U	F	D	J	H	C	X	W	T
M	K	K	R	T	U	I	S	F	K	E	T	Y	S	J	B	F	H	D	I	S	A	B	H

Words can be found horizontally, vertically, and diagonally.