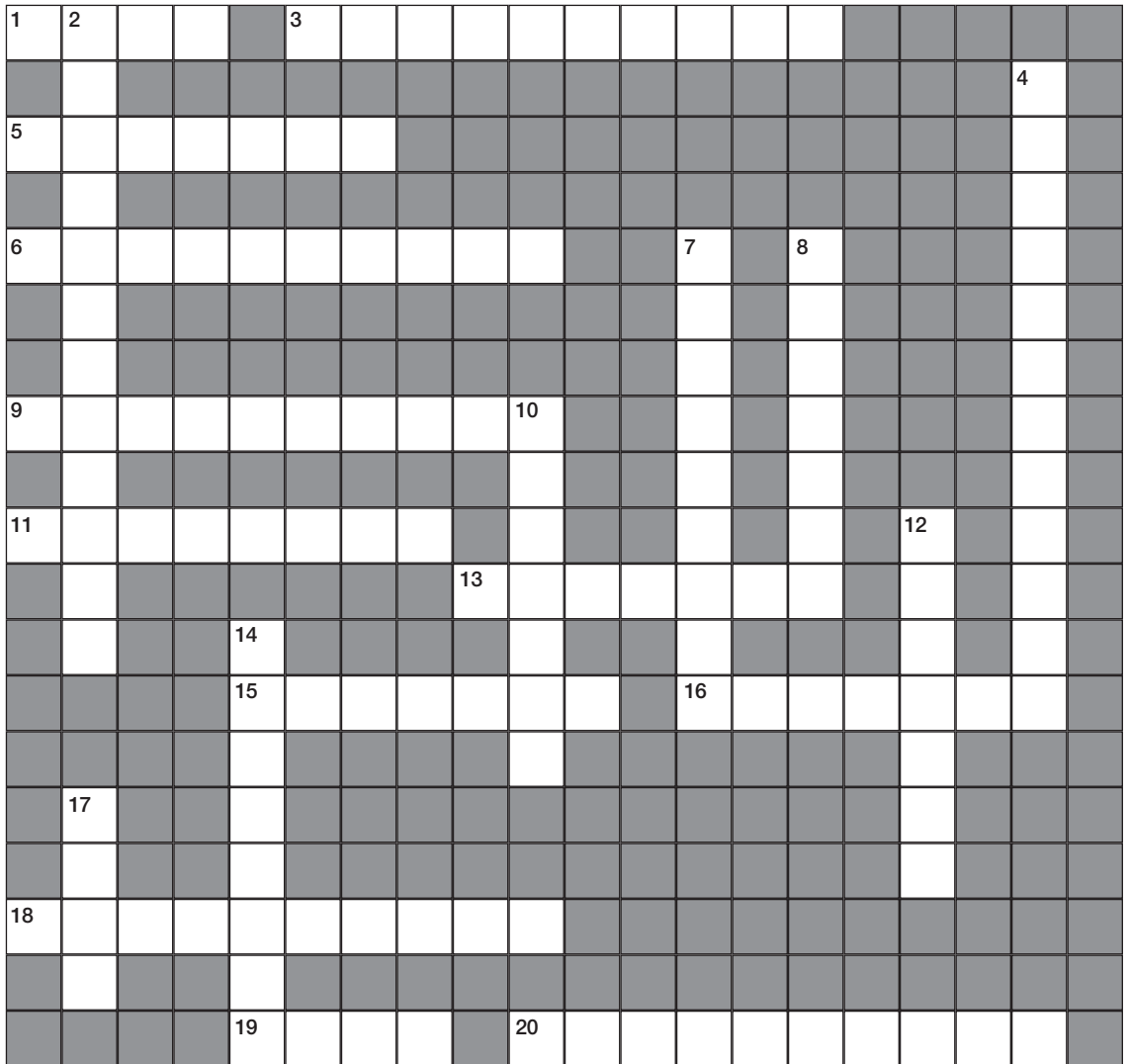




Ergonomics

For answer key visit nsc.org/nsm.



ACROSS

- 1. Activities at work or _____ can cause ergonomic conditions.
- 3. _____ throughout the day can be good for your health.
- 5. The third _____ cause of unintentional injuries in the U.S. is overexertion.
- 6. Ergonomic conditions are sometimes caused by _____ motions or using excessive force.
- 9. _____ is important to consider at work because it involves designing the job environment to fit the person.
- 11. Well known ergonomic symptoms include pain, clicking, tenderness, swelling, _____, numbness or loss of grip.
- 13. Help _____ injury with stretches for the eyes, neck, shoulders, wrists and a big overhead stretch throughout the day.
- 15. Soft _____ are affected by ergonomic conditions.
- 16. Each stretch should take at least 5 to 30 _____ with no bouncing.
- 18. Continuous exposure to vibration or working in awkward positions can cause ergonomic _____.
- 19. Ergonomic conditions can occur from doing something as simple as playing a video _____.
- 20. Stretching can reduce injuries like carpal tunnel syndrome or _____.

DOWN

- 2. _____ accounts for 3.2 million emergency room visits.
- 4. Working for prolonged periods of time in extreme _____ can cause ergonomic conditions.
- 7. Ergonomic conditions are _____ of the soft tissues such as muscles, nerves, tendons, cartilage, joints, ligaments, spinal discs and blood vessels.
- 8. _____ your doctor before starting a stretching program if you have recently had surgery, muscle or joint problems.
- 10. The idea of ergonomics is to determine how to work _____ to prevent injuries.
- 12. Stretching should not be _____. Do not continue stretching if pain continues.
- 14. Soft tissue disorders are often created by sitting or _____ for long periods of time in one spot.
- 17. Stretching increases the blood _____ and oxygen levels throughout the body.



