



CELEBRATING
100 YEARS
OF SAFETY



Safety
starts
with me

Ergonomics

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ACROSS

- If you have recently had surgery or any muscle or joint problems, consult your _____ before starting a stretching program.
- Stretches should be held for 5-30_____.
- Making the effort to set aside time to stretch throughout the day can be _____ to your health.
- Stop stretching if you can't do it without _____.
- Pain is not gain - you should only stretch until you feel a _____ tension that relaxes as you hold the stretch.
- Periodically take time to close your eyes for a minute at a time and then focus on an object at least _____ feet away.

DOWN

- Do not _____ while holding a stretch.
- Stretching can relieve stress and help with muscle _____.
- Stretching reduces risk of ergonomic injuries such as carpal tunnel syndrome or _____.
- Stretching warms and _____ your muscles and tendons.
- To stretch out your neck, keep your head _____ and in line with your shoulder, turn completely to the left and hold, then turn back to the center.
- You can stretch out your shoulders by keeping your arms close to your sides while standing, slowly rolling them backwards in large _____ for 10 seconds – reverse direction and repeat.
- Stretching helps increase blood flow and _____ to your extremities.
- Breathe deeply and _____ while performing stretches.

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