CELEBRATING 100 YEARS OF SAFETY

Safety starts with me

Employee Wellness

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	G		C			8 Y		9 C	H	I	L	D	R	E	N
10 M						O						I			
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		13 P	A	I	N	K	I	L	L	E	R	S			

ACROSS

1. Making slight adjustments to your diet may give you more _____ and prevent weight gain or illness.
3. Take frequent, short _____ to stretch and get your blood flowing throughout the day.
5. Plant-based proteins like beans and soy add _____ to your meal.
6. Exercising 30 minutes a day, five days a week can significantly improve your _____ and prevent weight gain.
9. Store medications in their original containers and keep them up, away and out of sight—especially from _____.
12. When shopping, look for products that name a whole grain _____ first on the list.
13. An estimated 1.2 million emergency room visits in 2009 were related to prescription _____.

DOWN

1. Overdose deaths from prescription painkillers are reaching _____levels.
2. If your doctor prescribes you painkillers, be sure to read _____ labels carefully and take only as directed.
4. Choose lean cuts of meat like _____ and chicken breast.
7. Never share your _____ with someone else.
8. Top baked potatoes with low-fat _____ instead of sour cream.
10. Properly dispose of unwanted medications, especially painkillers, to prevent theft or _____ by others.
11. If you live close to your job, make an effort to _____ to work.

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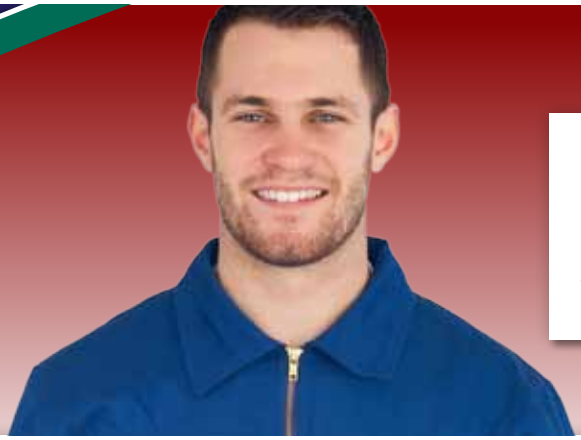

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CELEBRATING 100 YEARS OF SAFETY

Ergonomics

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ACROSS

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

DOWN

1. Do not ____ while holding a stretch.
2. Stretching can relieve stress and help with muscle _____.
3. Stretching reduces risk of ergonomic injuries such as carpal tunnel syndrome or _____.
5. Stretching warms and _____ your muscles and tendons.
6. 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.
7. 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.
8. Stretching helps increase blood flow and _____ to your extremities.
10. Breathe deeply and ____ while performing stretches.

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Avoiding Falls

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							14 D	A	M	A	G	E	D		

ACROSS

4. Place the base of a ladder on a firm, ____ surface.
9. Proper ladder setup will help ____ slips and falls whether at work or home.
11. A ladder shouldn't be used as a _____ or scaffold.
12. Always keep at least three points of____ with a ladder.
13. When climbing a ladder, always face it and grip the rungs, not the ____.
14. Inspect a ladder before and after a job- don't use a _____ or unsafe ladder.

DOWN

1. Don't stand higher than the ____rung from the top of a ladder.
2. Make sure you know the ____ limits of a ladder you are using.
3. Don't _____off a ladder.
5. Instead of leaning or _____, reposition a ladder closer to the work you are doing.
6. Check the area you will be working in for hazards, such as ____ or objects in the walkway.
7. If the weather turns bad when you are on a ladder, _____ immediately.
8. Never lean a ladder against a window pane or other _____ surfaces.
10. Use a tool _____ instead of carrying tools in hand.

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Safe Driving

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ACROSS

1. If you are talking to someone you know is _____, tell him/her to hang up and call back later.
3. Drivers need to understand the _____ being taken when speeding.
6. Allow greater following distance behind a _____.
8. _____ determines the force of impact if you crash.
9. The _____ you go, the worse the damage in a crash.
10. Refrain from phoning, _____ or emailing while driving.
11. Many crashes occur when a driver fails to see a motorcyclist and turns____ in front of a motorcycle.
12. A top unsafe driving behavior that contributes to collisions and driving violations is _____.
13. Give a motorcycle the full ____ width.

DOWN

2. When driving, you should be extra cautious in _____.
4. Speeding increases the necessary _____ distance.
5. Speed limits are set for _____ reasons.
7. An estimated 1 in 4 _____ involve cell phone use.
12. Speed lessens the driver's ability to _____ around road hazards.

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Emergency Preparedness

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ACROSS

4. In your emergency kit, include moist towelettes and garbage bags for _____.
6. Emergency drills are crucial for ____, but are useful for natural disasters, too.
8. Make sure every family member is aware of your plan and walk _____ through the process with you.
12. If there is an elderly family member that needs extra assistance, keep their ____ in mind when creating your drill.
13. Always include extra _____ for your flashlight.

DOWN

1. Emergency kits should include first aid and tool ____.
2. Make sure your family has a plan in case of an emergency, and practices it at least ____ a year.
3. Keep matches in a _____ container.
5. Food in emergency kits should be _____.
7. Practicing your plan in the dark can help _____ the room appearance in a fire or if the power goes out.
9. When practicing your family plan, test all ____ and make sure doors and windows are able to be opened.
10. Draw out a _____of your home and keep escape routes clear at all times.
11. An emergency supply kit should include enough food and water for____ days.

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Summer Safety

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			N				N				7 S		R		
			C				D				K		V		
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			R				R				N		S		
							T						I		
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ACROSS

2. Shade is important, especially in the middle of the day when the sun's rays are _____.
5. Never leave a child alone near water: on the beach, at a pool or in the _____.
8. Use sunscreen with a sun protection factor of 30 or higher; reapply after swimming, toweling dry or _____.
9. Never consume ____ when operating a boat.
10. Avoid the _____ between 10 a.m. and 4 p.m.
11. Tanning booths and ____ are not a safe alternative to natural sun.

DOWN

1. Drowning isn't ____ specific.
3. A _____ adult needs to position themselves to scan the area within 10 seconds and reach the water within 20 seconds.
4. About 1.3 million new cases of skin _____ are diagnosed in the U.S. each year.
6. Don't underestimate the power of water; even rivers and lakes can have _____.
7. Guard as much ____ as possible when out in the sun.
11. Everyone needs the skills to be able to _____.
12. If you own a _____, make sure to be trained in infant and child CPR.

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