



**Safety  
starts  
with me**

## Ergonomics

**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.

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**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.