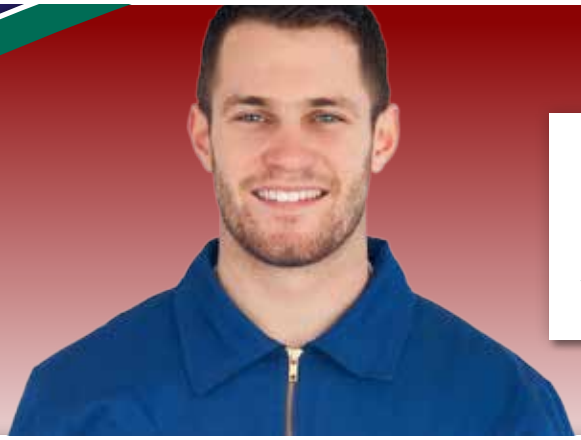

Safety starts with me

Ergonomics

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9 B	E	N	E	F	I	C	I	A	L					Y		
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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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