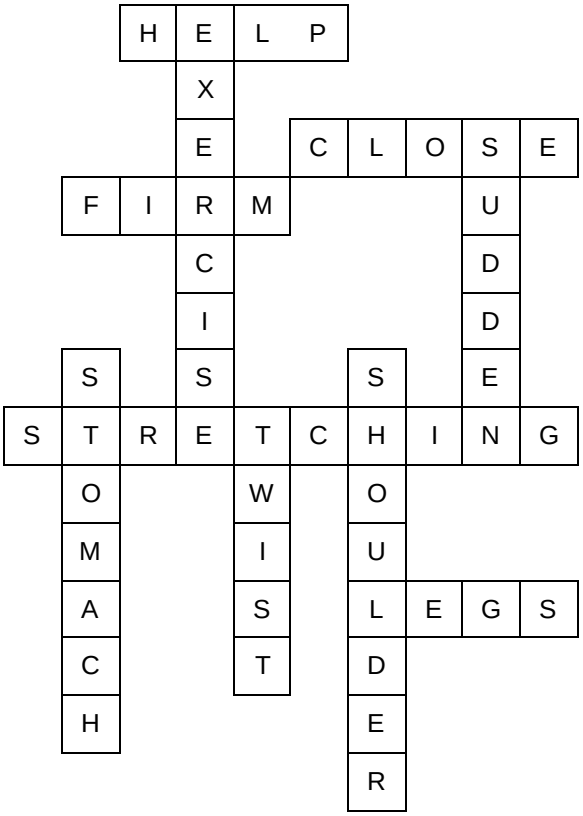
Back Safety



ACROSS

1. Get _____ when lifting or carrying heavy or bulky objects

3. Objects should be carried ____ to your body

5. A _____ mattress can help keep your body in a neutral position while sleeping

8. _____ before lifting can help prevent back injuries

10. Use your _____ when lifting, not your back

DOWN

2. Frequent _____ can help you back stay healthy

4. Avoid _____ movements when carrying or lifting

6. Strengthening your _____ muscles can help prevent back injuries

7. Reaching above your _____ should be avoided

9. When lifting or carrying, you should never _____ at the waist