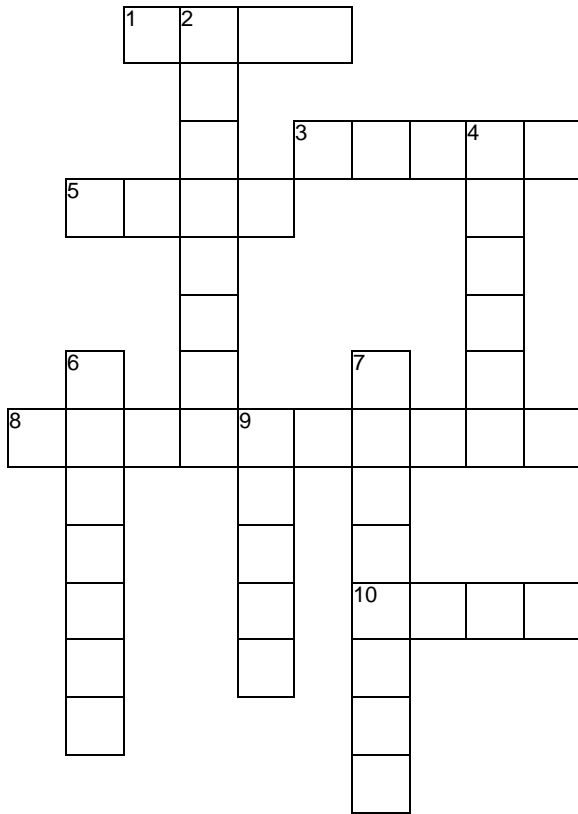


Back Safety



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