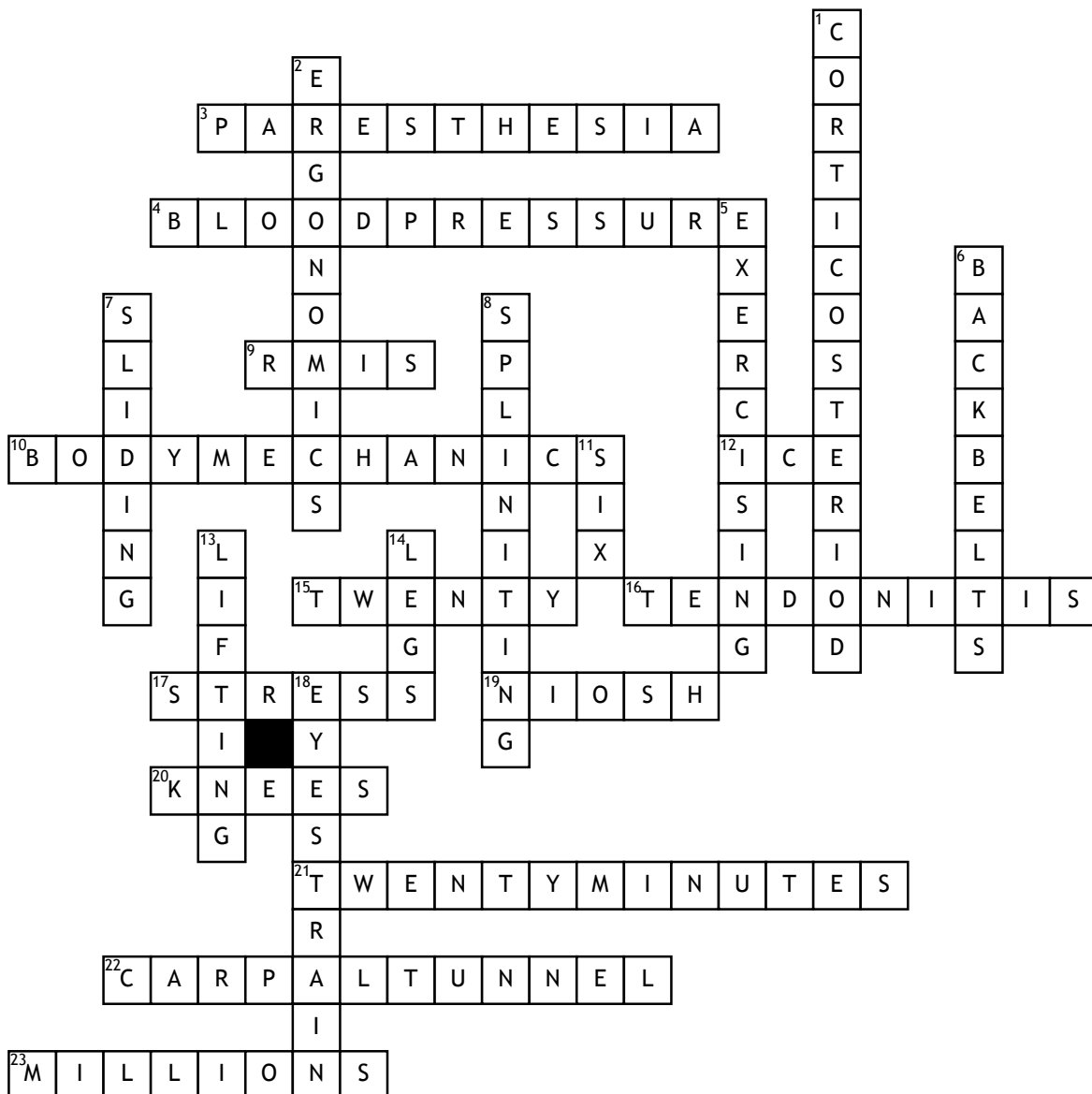


# Body Mechanics



## Across

3. A symptom of RMIs  
 4. Opponents of using back belts believe they cause an increase in this-two words  
 9. Over use of one part part-abbreviated  
 10. Correct positioning of the body for a given task -(two words)  
 12. A conservative treatment measure for injuries  
 15. Back injuries account for what percent of all injuries and illnesses in the workplace  
 16. A RMI caused by repeated motion in a joint that inflames the tendon  
 17. A risk factor that increases the likelihood of injury

19. The abbreviation for The National Institute for Occupational Safety and Health  
 20. You should avoid pressing this against the edge of the chair seat  
 21. When using a computer you should rest your eyes for this amount of time-two words  
 22. One of the most common RMI- two words  
 23. Back injuries cost the nation an estimated of how many dollars per year  
**Down**  
 1. This medication is often injected into inflamed joint  
 2. What is the science of designing & arranging things to prevent injury  
 5. A best preventative practice to decrease injuries would be

6. Many health professionals believe this decreases the amount of lower back injuries when worn  
 7. When possible do this instead of lifting objects  
 8. This is commonly used for hand and wrist injuries and often custom molded by an occupational therapist  
 11. Increase your base of support by positing your feet this many inches  
 13. An example of normal activities done daily by nurses that may cause injuries  
 14. When lifting, what part of the body should be used  
 18. A common problem that develops when working with computer screens