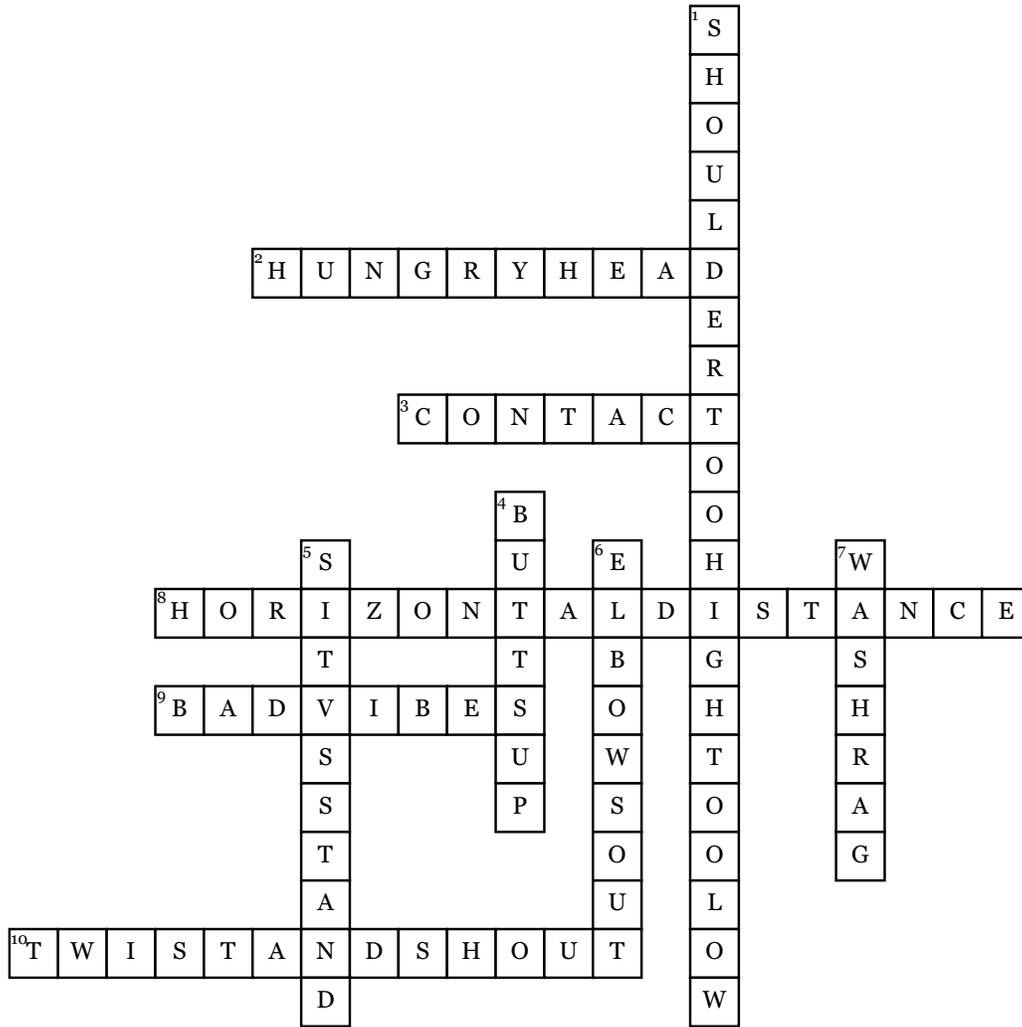


Name: _____

Ergonomics Hit List



Across

2. Tilting the head up or down, or toward one side of the body, to search for visual information.
3. Soft tissue compression from contact with a hard or sharp piece of equipment or a tool edge.
8. Working with the hands far away from the body.
9. Repeated and prolonged exposure to vibration from powered tools and equipment.
10. Twisting at the back while performing work activities.

Down

1. Working with the shoulders on an uneven plane, or reaching above the shoulders or below the knees.
4. Bending over at the waist, extending the upper body over the floor.
5. Sitting for a job best performed standing, or standing for a job best performed sitting.
6. "Winging" the elbow out to the side while attempting to maintain a straight wrist posture.
7. Extreme wrist bending, similar to postures used when wringing out a rag.

Word Bank

Shoulder Too High Too Low
Bad Vibes
Contact
Sit vs Stand

Wash Rag
Hungry Head
Horizontal Distance

Butts Up
Twist and Shout
Elbows Out