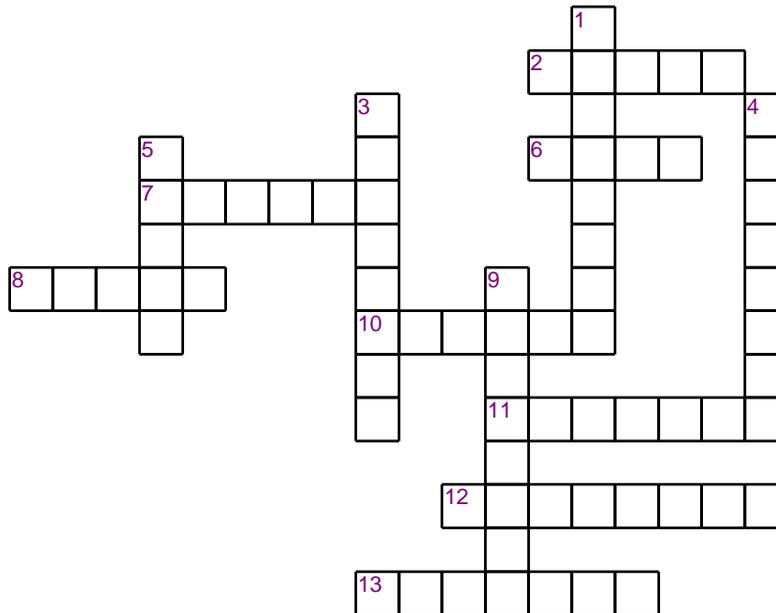


## Safe Lifting Basics

Complete the puzzle using the clues shown below.



### Across

2. Carry the load \_\_\_\_\_ high.
6. Let your legs \_\_\_\_\_ you up.
7. Test the \_\_\_\_\_ of the object you want to move.
8. Bring the load \_\_\_\_\_ to your body.
10. Repeated back stress can cause \_\_\_\_\_.
11. Poor \_\_\_\_\_ strains the back.
12. Lift \_\_\_\_\_ to protect the back.
13. Wear sturdy shoes with \_\_\_\_\_ soles.

### Down

1. Avoid lifting heavy objects \_\_\_\_\_ when possible.
3. Hand trucks and forklifts are \_\_\_\_\_ handling aids.
4. Regular \_\_\_\_\_ can strengthen muscles.
5. Don't \_\_\_\_\_ to change direction.
9. The back \_\_\_\_\_ the body.