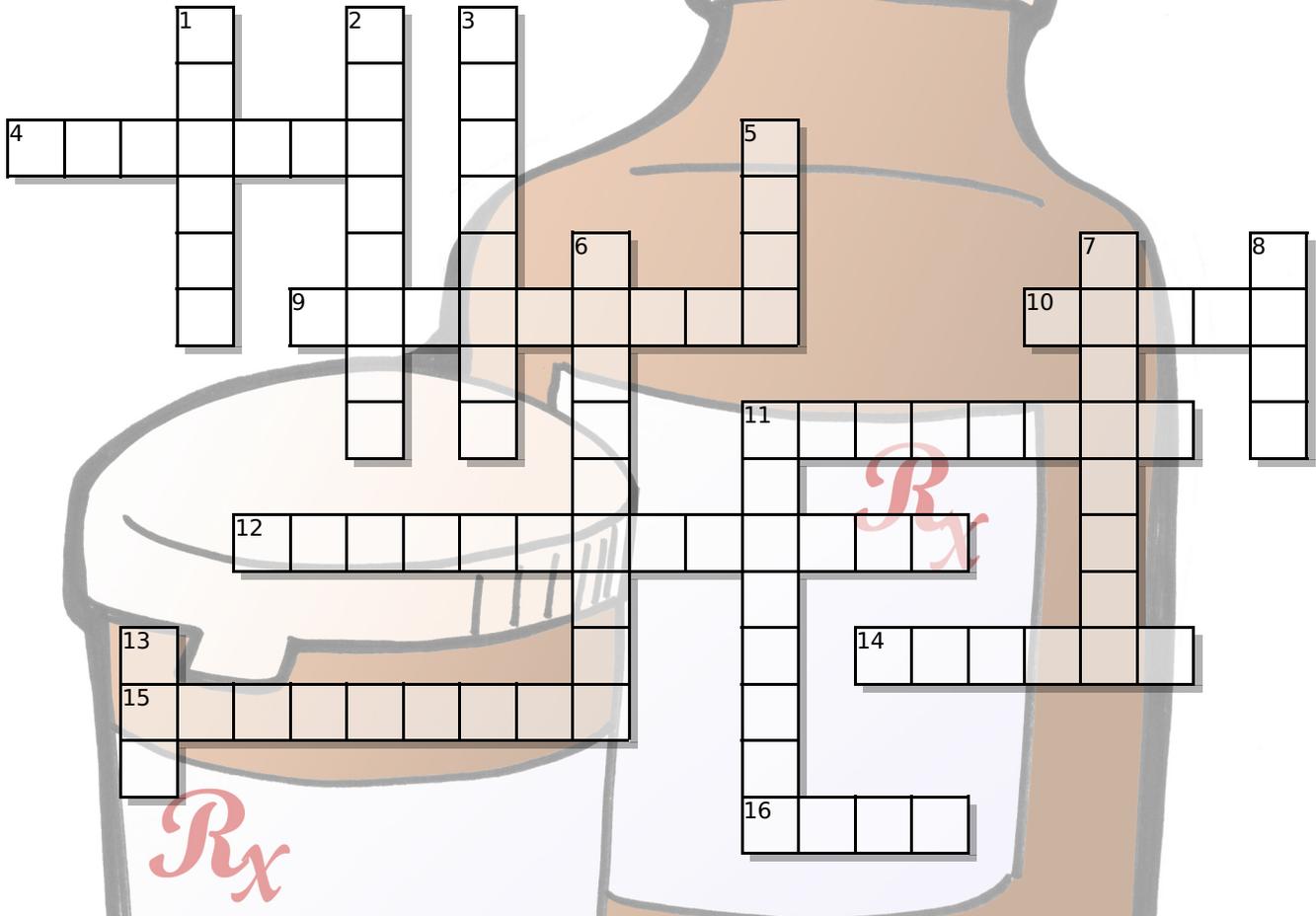


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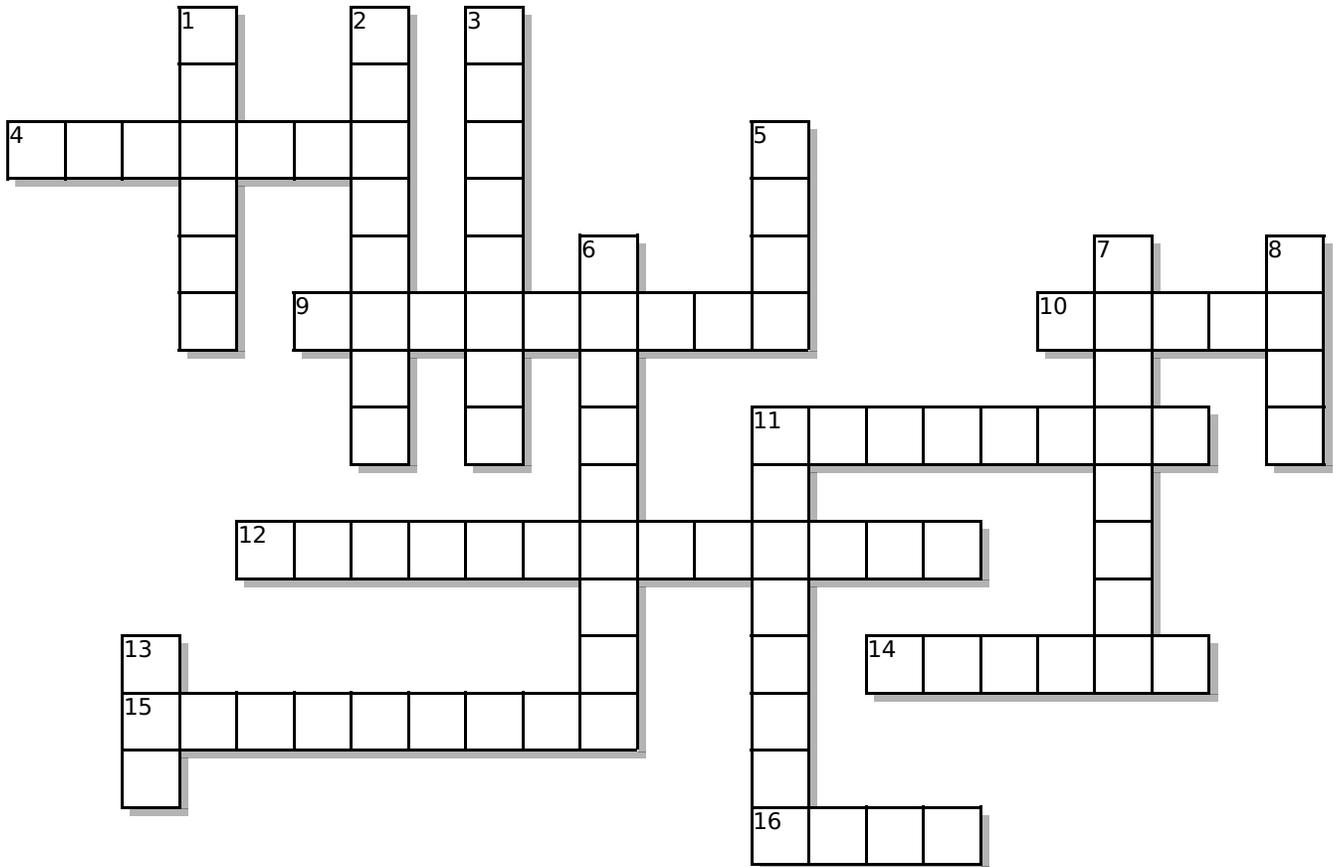
- 4 Work __ not harder!
- 9 This can be a risk factor of getting a MSD
- 10 When lifting, keep the load __ to your body
- 11 MSC injuries account for __ percent of all workplace injuries and illnesses
- 12 When learning new tasks the instructor __ (3 wds)
- 14 __ activities to allow the body to recover
- 15 Symptom of MSD
- 16 Try to lift as a __

DOWN

- 1 Do this to prevent MSD
- 2 Try to limit the __ of exposure
- 3 Awkward __ can be a risk factor of getting a MSD
- 5 Symptom of MSD
- 6 Symptom of MSD
- 7 Use proper __ before beginning any task
- 8 When lifting, bend your __ not your back
- 11 __ or heavy lifting can be a risk factor
- 13 Strains and sprains are referred as this, for short

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