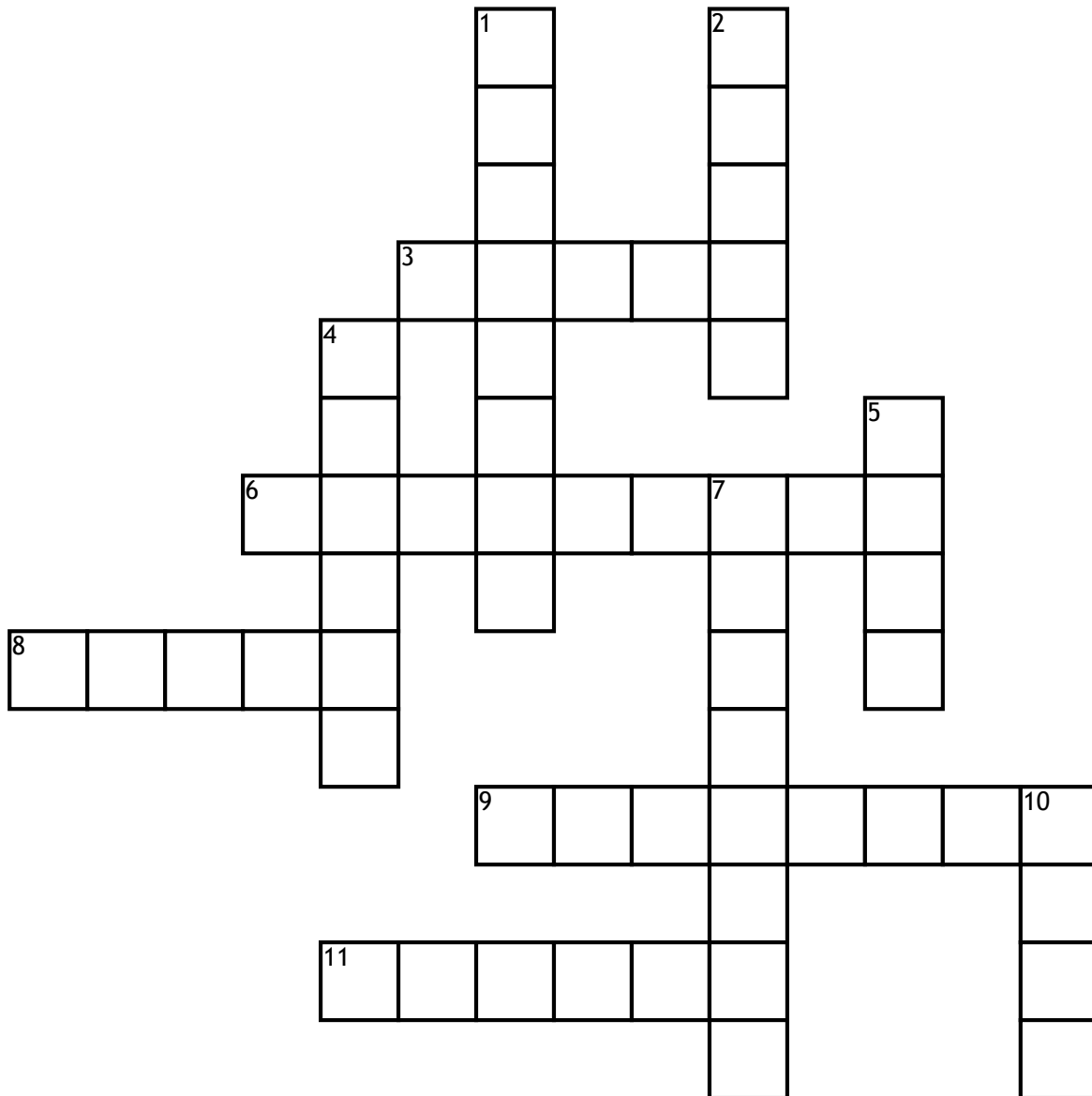


Name: _____ Date: _____

8 Keys to Lifting and Lowering



Across

3. Keep the Natural _____ of the Back
6. Get Close to the Object; Work Within the _____
8. Step or Pivot, Do Not _____
9. Use _____ Equipment to Facilitate the Lift
11. Test Object for _____ and Shifting Contents

Down

1. Step 2: Position Feet; _____ Width Apart
2. Step 3: Bend at the _____
4. Lift with _____, Steady Motion
5. Do Not _____
7. Grasp _____ Diagonal Corners
10. Establish a Firm _____