

Name: _____

Date: _____

Safe Methods

E D T C H Z L B N D T H D H D O J G H S V O N V
 S Q F O K F L F U O H Y N T O P Q M X E C O H S
 T U E U S I M S R N G X S A N Z S C H E R N U S
 A N L N R V M C T T I Q S P T E D E T N W E O J
 B O T T E E B A N T L H E K W U X S H K G C Y I
 L I H O N C G N O W N C N L A L R X G T T A E K
 I T G N R H C S D I E S L A L I Y I I A O R E E
 S A I E O E O T K S E T L W K A G S E D V S S E
 H R R T C C S E L T R R E R O R Q O W N I P Y P
 F D T W E K M E A V G E W U N D F T E E P A E Y
 I Y F O T M C R W S E T A O S N V R H B R C H O
 R H E T I I V I I G L C I Y L A R U T I O E T U
 M M L H S R G N U Z A H D N I H V O T U P C E R
 F V K R O R J G X W T I W A D E F F S L E N R E
 O O O E P O R Q N S S N C C E S Q M E K T Q U Y
 O F O E P R A S V T E G H S S U D N T Y S E S E
 T V L P O G E T T H E B I G P I C T U R E P E S
 I F W O U D U S E E Q U I P M E N T Q C R L K M
 N D T E E F N O I T I S O P X U C J Y I K E A O
 G L E A V E Y O U R S E L F A N O U T K Z F M V
 W T L I F T W I T H S M O O T H M O T I O N Y I
 J O Y D W D A I M H I G H I N S T E E R I N G N
 D J P T P H Z G E T C L O S E I H P T R A J M G
 J Q V J O U S T N E M T S U J D A E K A M M K H

lift with smooth motion
 keep your eyes moving
 get the big picture
 five check mirror
 test the weight
 use equipment
 use handrail
 get close

make sure they see you
 look left right left
 scan your walk path
 make adjustments
 scan steering
 step or pivot
 stretching
 wellness

establish firm footing
 aim high in steering
 dont walk on slides
 opposite corners
 one car space
 bend at knees
 dont twist

leave yourself an out
 count one two three
 stale green light
 four to six sec
 walk dont run
 position feet
 hydration