

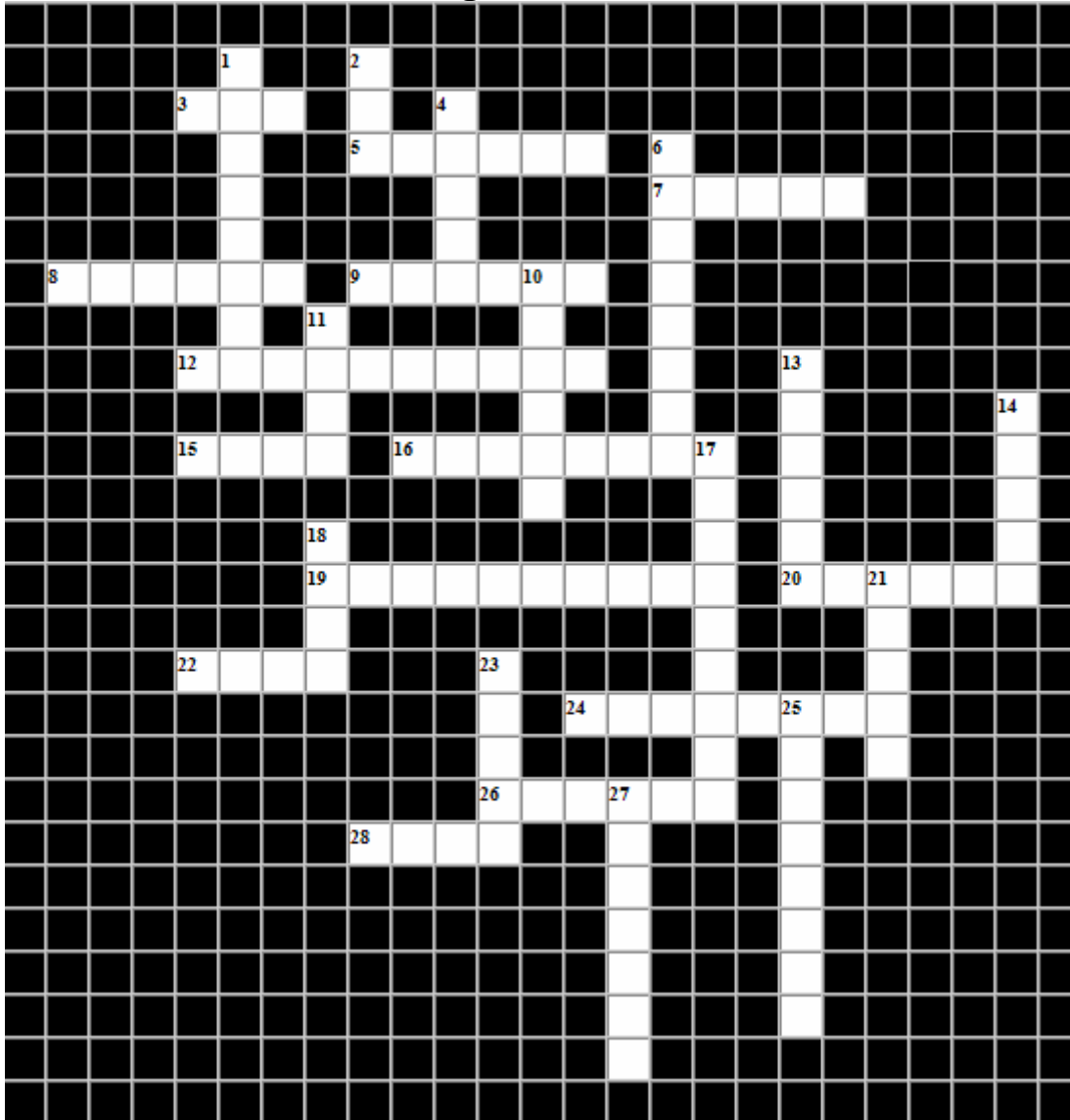


Occupational Health
Clinics for Ontario
Workers Inc.

Centres de santé
des travailleurs (ses)
de l'Ontario Inc.

Sudbury Clinic
1300 Paris St.,
Suite 4
Sudbury, Ontario P3E 3A3
Tel: (705) 523-2330
Fax: (705) 523-2606
1-800-461-7120
E-mail: sudbury@ohcow.on.ca
Website: www.ohcow.on.ca

Office Ergonomics Crossword



Across

3. fit the ___ to the worker
5. your keyboard should never be ____ towards you
7. acronym for Occupational Health Clinics for Ontario Workers
8. when sitting your knee should be at right ____
9. chair should have five ____
12. improves circulation and reduces fatigue
15. slouching can hurt your
16. a ____ should never be placed under a height adjustable keyboard tray
19. A keyboard tray should be height ____
20. ____ support (back)
22. for every hour of seated work, stand and walk for ____ minutes
24. people wearing ____ should have the top of their monitor one inch below seated eye height
26. you should not have ____ edges on your desk
28. if you can not place a ____ between the front of your chair and back of your leg the seat is too deep

Down

1. a ____ holder prevents neck pain
2. you do this in a chair
4. light shining off the monitor
6. flat screen ____ should be height adjustable
10. your monitor should be arm's ____ away from you
11. cradling the phone hurts your ____
13. ____ tunnel syndrome
14. sit with your feet flat on the ____
17. a headset should be worn when using this device for 30% of the day
18. office equipment is designed for the average ____
21. place your ____ right beside your keyboard
23. ____ rest
25. used to support your arms
27. ____ postures reduce blood flow to joints

