

# SAFETY BINGO

|                                                |                                                    |                             |                                       |                       |
|------------------------------------------------|----------------------------------------------------|-----------------------------|---------------------------------------|-----------------------|
| SUPPORT<br>BACK                                | 55                                                 | 3445                        | ASSESS<br>LOAD                        | PLAN<br>ROUTE         |
| KEEP<br>FEET<br>FLAT ON<br>FLOOR               | 555                                                | STRETCH                     | KEY BOARD AT<br>CONFORTABLE<br>HEIGHT | SHOULDERS<br>RELAXED  |
| 55                                             | DIVIDE<br>LOAD                                     | <b>FREE</b>                 | 55                                    | DO RISK<br>ASSESSMENT |
| PROPER<br>ADJUSTMENT<br>OF SCREEN              | ELBOWS<br>AND KNEES<br>AT 90<br>DEGREE             | MONITOR<br>AT ARM<br>LENGTH | PROPER<br>TRAINING<br>FOR<br>STAFF    | BACK<br>STRAIGHT      |
| AVOID<br>TWISTING<br>WHILE<br>CARRYING<br>LOAD | KEEP OFTEN<br>USED<br>OBJECTS AT<br>DESK<br>CLOSER | 55                          | KEEP<br>THIGHS<br>HORIZONTAL          | 55                    |

# SAFETY BINGO

|                       |                                                    |                                  |                                  |                                       |
|-----------------------|----------------------------------------------------|----------------------------------|----------------------------------|---------------------------------------|
| SHOULDERS<br>RELAXED  | 55                                                 | PROPER<br>ADJUSTMENT<br>OF CHAIR | DIVIDE<br>LOAD                   | 55                                    |
| DO RISK<br>ASSESSMENT | STRETCH                                            | 55                               | SUPPORT<br>BACK                  | KEY BOARD AT<br>COMFORTABLE<br>HEIGHT |
| PLAN<br>ROUTE         | KEEP OFTEN<br>USED<br>OBJECTS AT<br>DESK<br>CLOSER | FREE                             | 55                               | KEEP<br>THIGHS<br>HORIZONTAL          |
| 555                   | ASSESS<br>LOAD                                     | MAINTAIN<br>A FRIM<br>GRIP       | TAKE<br>SHORT<br>BREAKS          | PROPER<br>ADJUSTMENT<br>OF SCREEN     |
| 55                    | MONITOR<br>AT ARM<br>LENGTH                        | 3445                             | KEEP<br>FEET<br>FLAT ON<br>FLOOR | SUPPORT<br>ARM                        |

# SAFETY BINGO

|                                  |                                       |                                                      |                                                |                             |
|----------------------------------|---------------------------------------|------------------------------------------------------|------------------------------------------------|-----------------------------|
| 55                               | USE<br>MECHANICAL<br>AIDS             | TAKE<br>SHORT<br>BREAKS                              | 555                                            | 55                          |
| PROPER<br>ADJUSTMENT<br>OF CHAIR | KEY BOARD AT<br>CONFORTABLE<br>HEIGHT | ADJUST<br>BRIGHTNESS<br>AND<br>CONTRAST<br>OF SCREEN | 55                                             | SUPPORT<br>BACK             |
| KEEP<br>FEET<br>FLAT ON<br>FLOOR | 55                                    | FREE                                                 | PLAN<br>ROUTE                                  | DO RISK<br>ASSESSMENT       |
| ASSESS<br>LOAD                   | KEEP<br>THIGHS<br>HORIZONTAL          | DIVIDE<br>LOAD                                       | AVOID<br>TWISTING<br>WHILE<br>CARRYING<br>LOAD | MONITOR<br>AT ARM<br>LENGTH |
| SUPPORT<br>ARM                   | 77                                    | PROPER<br>ADJUSTMENT<br>OF SCREEN                    | ELBOWS<br>AND KNEES<br>AT 90<br>DEGREE         | 3445                        |