B	I	N	G	O
TAKE SHORT BREAKS	ASSESS LOAD	ELBOWS AND KNEES AT 90 DEGREE	SHOULDERS RELAXED	MONITOR AT ARM LENGTH
DIVIDE LOAD	SUPPORT BACK	PROPER ADJUSTMENT OF CHAIR	AVOID TWISTING WHILE CARRYING LOAD	PROPER TRAINING FOR STAFF
SUPPORT ARM	USE MECHANICAL AIDS	**FREE**	BACK STRAIGHT	KEEP THIGHS HORIZONTAL
KEY BOARD AT CONFORTABLE HEIGHT	STRETCH	MAINTAIN A FRIM GRIP	KEEP OFTEN USED OBJECTS CLOSER	PLAN ROUTE
KEEP FEET FLAT ON FLOOR	BEND KNEES	PROPER ADJUSTMENT OF SCREEN	WORK WITH A PARTNER TO LIFT	DO RISK ASSESSMENT

ERGONOMICS AND MANUAL HANDLING Bingo Card #1 of 3

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B	I	N	G	O
USE MECHANICAL AIDS	AVOID TWISTING WHILE CARRYING LOAD	SHOULDERS RELAXED	DIVIDE LOAD	PROPER ADJUSTMENT OF CHAIR
ELBOWS AND KNEES AT 90 DEGREE	WORK WITH A PARTNER TO LIFT	MONITOR AT ARM LENGTH	BEND KNEES	PROPER TRAINING FOR STAFF
KEY BOARD AT CONFORTABLE HEIGHT	BACK STRAIGHT	**FREE**	KEEP THIGHS HORIZONTAL	ASSESS LOAD
KEEP OFTEN USED OBJECTS CLOSER	PROPER ADJUSTMENT OF SCREEN	TAKE SHORT BREAKS	DO RISK ASSESSMENT	STRETCH
MAINTAIN A FRIM GRIP	PLAN ROUTE	SUPPORT ARM	SUPPORT BACK	KEEP FEET FLAT ON FLOOR

ERGONOMICS AND MANUAL HANDLING Bingo Card #2 of 3

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B	I	N	G	O
BEND KNEES	PROPER ADJUSTMENT OF SCREEN	AVOID TWISTING WHILE CARRYING LOAD	PLAN ROUTE	BACK STRAIGHT
TAKE SHORT BREAKS	KEY BOARD AT CONFORTABLE HEIGHT	MAINTAIN A FRIM GRIP	SUPPORT BACK	MONITOR AT ARM LENGTH
SUPPORT ARM	DO RISK ASSESSMENT	**FREE**	STRETCH	KEEP OFTEN USED OBJECTS CLOSER
USE MECHANICAL AIDS	PROPER TRAINING FOR STAFF	SHOULDERS RELAXED	WORK WITH A PARTNER TO LIFT	ELBOWS AND KNEES AT 90 DEGREE
KEEP THIGHS HORIZONTAL	ASSESS LOAD	PROPER ADJUSTMENT OF CHAIR	DIVIDE LOAD	KEEP FEET FLAT ON FLOOR

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