

B	I	N	G	O
Stretching	Contact Stress	Excessive Force	Repetition	PPE
Elbows In	Safety Team Meeting	Pre-Shifts	Core Stability	Proper Lifting Techniques
Safety Board	Team Lifts	FREE	Danger Zone	MSDs
Micro-breaks	Risks Factors	Neutral Wrist	Job Rotation	Power zone
Frito Lay Shuffle	ESPN	Proper Body Mechanics	Trip Hazards	Ergonomics

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Team Lifts	Core Stability	Repetition	Elbows In	Pre-Shifts
Excessive Force	Trip Hazards	PPE	ESPN	Proper Lifting Techniques
Micro-breaks	Danger Zone	FREE	MSDs	Contact Stress
Job Rotation	Proper Body Mechanics	Stretching	Ergonomics	Risks Factors
Neutral Wrist	Power zone	Safety Board	Safety Team Meeting	Frito Lay Shuffle

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ESPN	Proper Body Mechanics	Core Stability	Power zone	Danger Zone
Stretching	Micro-breaks	Neutral Wrist	Safety Team Meeting	PPE
Safety Board	Ergonomics	FREE	Risks Factors	Job Rotation
Team Lifts	Proper Lifting Techniques	Repetition	Trip Hazards	Excessive Force
MSDs	Contact Stress	Pre-Shifts	Elbows In	Frito Lay Shuffle