

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

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

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