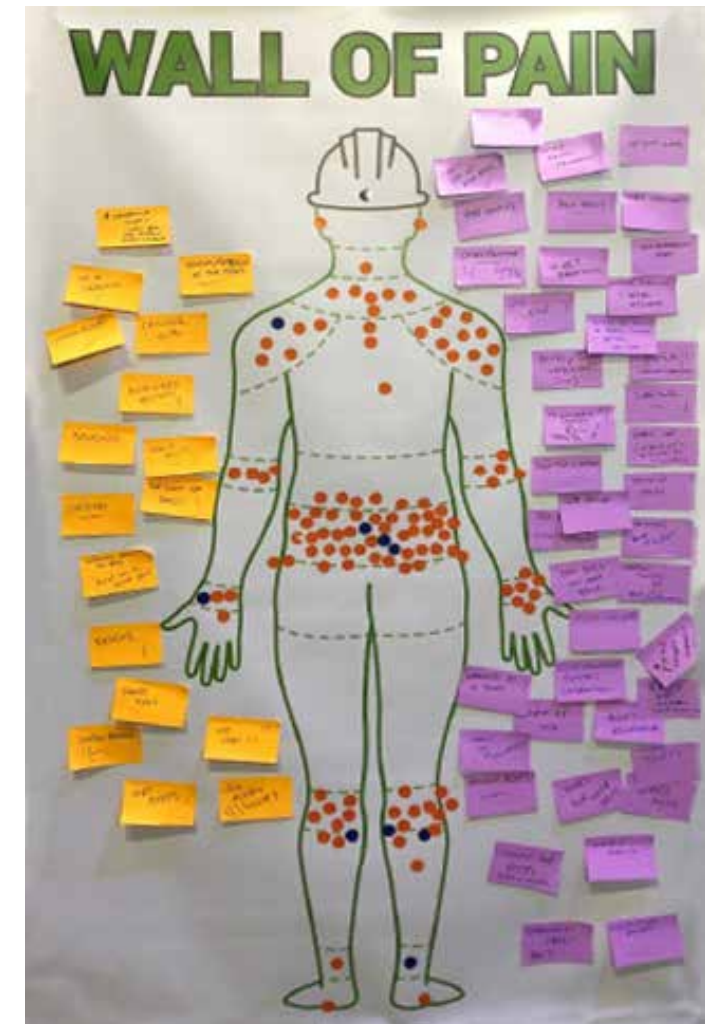


INTRODUCTION

- We want to prevent strains and sprains – our main injury of concern.
- Strains and sprains can be sudden but mostly take a long time to develop.
- Making small changes each day can prevent serious conditions from developing later.
- The earlier you deal with these problems the more likely they are to get better.
- We want to know where you experience pain discomfort or pain and what you think contributes to these problems.
- We can then use this information to come up with some solutions to deal with those problems and prevent them from happening in the first place.

WHAT TO DO:

1. Print the Work Shouldn't Hurt body map (you can find it at www.workshouldnothurt.org) and hang it on a whiteboard or wall in your workplace. Provide two different coloured markers or Post-it notes for workers to use.
2. Get workers to show with one colour marker or Post-it where they have felt pain or discomfort. The other colour is for writing what they think caused it.
3. Get each worker to make a mark at the bottom of the poster to indicate that they have contributed. When there is the same number of marks at the bottom as the number of workers, or it's been established that everyone who wants to contribute has done so, use the patterns that emerge from the poster as the basis for a brainstorming and discussion session.
4. Or, you could run the activity during a toolbox talk and invite workers to show where they have discomfort, pain and injury. Also invite them to write down or say what work activities they believe contribute to those problems.



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