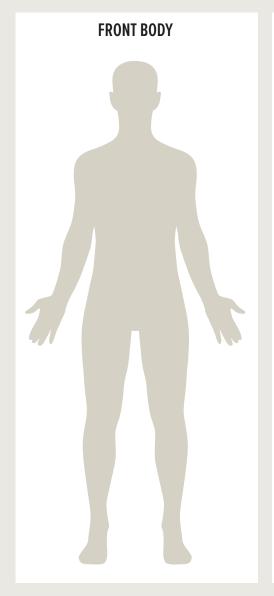
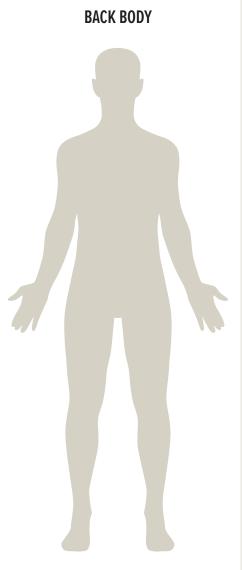
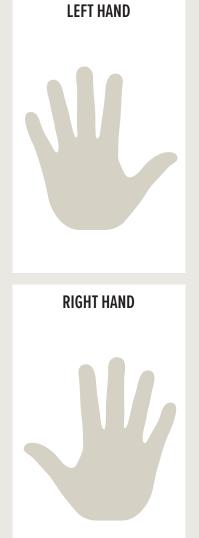


Name:				
D 1				
Date:				

Mark on the figure below where you feel achy or sore, and rate how sore you're feeling.







HOW SEVERE IS YOUR PAIN?

1	2	3	4
Discomfort	Mild Pain	Pain	Severe Pain

HOW OFTEN DO YOU SUFFER FROM PAIN?

Α	В	С	D
Less than once a week	A few times a week	At least once a day	Always have some pain

When did you first notice the ache or pain? Days ago Weeks ago Months ago Years ago							
The ache or pain is Getting worse Staying the same Getting better							
Have you had this before? Yes No							
Do you think any of the following are causing, or adding to, your ache or pain? (mark all the apply)							
Your general health Your fitness Stress							
 The pace of work Not enough staff Lack of equipment Poor work relationships Lack of control over your work 							
 Awkward postures while working Heavy lifting Working overhead Over-reaching Vibrations Working bent over 							
• $\ \square$ The weather $\ \square$ Activities outside of wor	k						
Other (tell us):							
 Pain relief drugs Rest Exercises work Keeping active in general Changing the way I do things at work Getting professional treatment Other (tell us): 							
Thanks for that!	The pain gets worse when you lie down.						
Don't worry, most aches and pain at work aren't because of an injury and they usually get better quickly on their own.	If you feel any numbness in your groin. If the pain doesn't go away at night. If you have a history of cancer.						
But, make sure to get in touch with a health professional if you have any of the following:	If you get a fever, have bladder or bowel problems or start losing weight for an unexplained reason.						
(For employers) ☐ Spoke to worker ☐ Talked about contributing factors ☐ Provided selections.	ontributing factors						