

REPORT FORM



WHERE DO YOU HURT?

REPORT PAIN EARLY TO AVOID LONG TERM PROBLEMS

Name: _____

Date: _____

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

FRONT BODY	BACK BODY	LEFT HAND
		RIGHT HAND

HOW SEVERE IS YOUR PAIN?

1	2	3	4
Discomfort	Mild Pain	Pain	Severe Pain

HOW OFTEN DO YOU SUFFER FROM PAIN?

A	B	C	D
Less than once a week	A few times a week	At least once a day	Always have some pain

Continued on other side →

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
- The weather Activities outside of work
- Other (tell us): _____

What are you doing to manage your ache or pain?

- Pain relief drugs Rest Exercises Stretches Warming up before work Keeping active in general
- Changing the way I do things at work Pacing myself at work
- Getting professional treatment
- Other (tell us): _____

Thanks for that!

Don't worry, most aches and pain at work aren't because of an injury and they usually get better quickly on their own.

But, make sure to get in touch with a health professional if you have any of the following:

- The pain gets worse when you lie down.
- If you feel any numbness in your groin.
- If the pain doesn't go away at night.
- If you have a history of cancer.
- If you get a fever, have bladder or bowel problems or start losing weight for an unexplained reason.

(For employers)

- Spoke to worker Addressed contributing factors Agreed to catch up later
- Talked about contributing factors Provided self-help info No further action required