


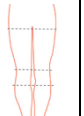






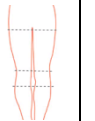
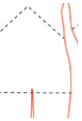
It's a Pain: Targeting Pain and Strain in Your Work

Step 1. Mark on the body areas where you feel pain, cramps, discomfort or fatigue related to work.

Step 2: Make a check in each white box below the body part that is a problem for you.

Step 3: Look to the right on each checked line to see what can cause the symptoms.

<i>Check the white boxes below pain area</i>					<i>In each row with check marks, see if the associated problem is found in your work. Fixing these could keep you more comfortable and protect you from pain or injury.</i>
					
					<i>1: Is the floor uneven, sloping, slippery or hard?</i>
					<i>2: Is the space too limited to work or store materials?</i>
					<i>3: Are tools and equipment badly designed for you or the task?</i>
					<i>4: Are tables and counters too low or too high?</i>
					<i>5: Are the chairs you use uncomfortable or not suited to the job?</i>
					<i>6: Do you frequently sit on the floor?</i>
					<i>7: When you work standing, is there no possibility to sit and rest?</i>
					<i>8: Do you do fatiguing leg work? Such as</i>
					<i>a) repeated stepping up on stool, step, etc. ?</i>
					<i>b) prolonged squatting or kneeling?</i>
					<i>9: Do you work with your upper body:</i>
					<i>a) bent forward a little? (ex. washing dishes)</i>
					<i>b) bent forward a lot? (ex. leaning over to care for children)</i>
					<i>c) bent sideways or twisted? (ex. holding small child's hand)</i>
					<i>10: Do you work with your neck:</i>
					<i>a) bent forward?</i>
					<i>b) bent sideways or twisted?</i>
					<i>d) bent backwards?</i>
					<i>11: Do you lift heavy children or objects (over 15-20 lbs)?</i>

					<i>a) Do you lift repeatedly?</i>
					<i>c) Is it hard to grasp your load?</i>
					<i>d) Do you pick up or put down from uncomfortable positions?</i>
					<i>e) Do you hold children or objects at or more than forearm length?</i>
					<i>f) Do you lift children or objects from below knee height?</i>
					<i>g) Do you lift children or objects above chest height?</i>
					<i>12: Do you carry, push or pull loads for long periods or uncomfortably?</i>
					<i>13: Do you do repeated work with your arms or hands in:</i>
					<i>a) twisting movements? (ex. wringing out clothes)</i>
					<i>b) forceful movements? (ex. opening jars, hammering)</i>
					<i>c) uncomfortable hand positions? (ex. carrying bags, cleaning)</i>
<i>Check the white boxes for pain area</i>					
					

For more information, contact the AFT health and safety team at 4healthandsafety@aft.org