Mark where you have health symptoms related to work

**Pain** = P or red

**Cramp** = C or blue

**Numbness** = N or green

**Weakness** = W or Yellow

Rate by circling or marking the symptoms that:

- Restrict or disable you in red
- Sometimes limit your home or work activities in orange
- Distract you or make you uncomfortable in yellow
- You have had a diagnosis or surgery in black