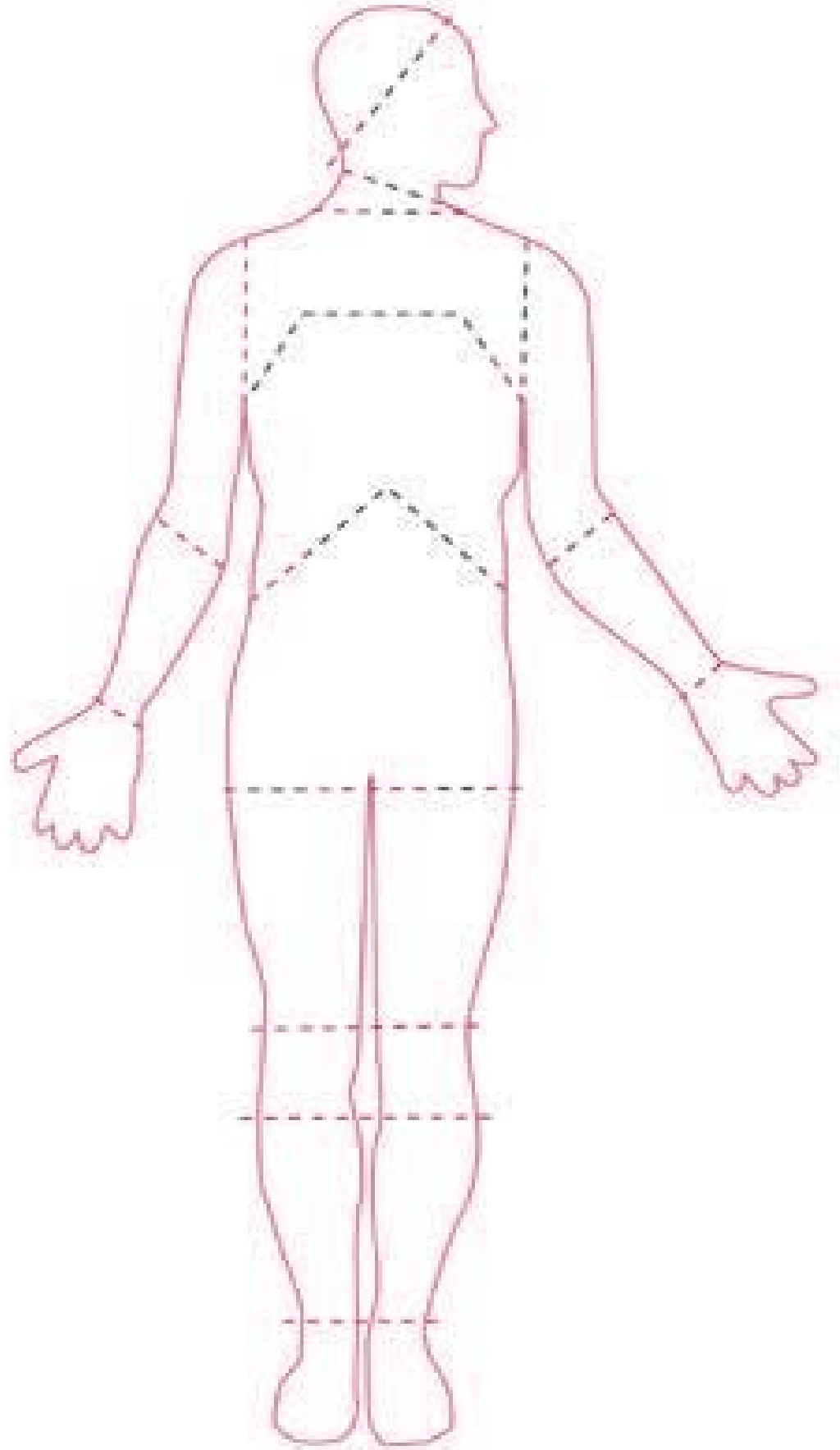


FRONT



BACK

Handout 5 - s6,7

Body Mapping

Identify your hidden hazards and common patterns of health problems. Participation is completely voluntary. No names are used for confidentiality.

Start with the front and back body sketch outlines. Get members to put a colour-coding sticker, or a coloured mark onto a body map to show any symptoms of any health problems or injuries they may be experiencing,

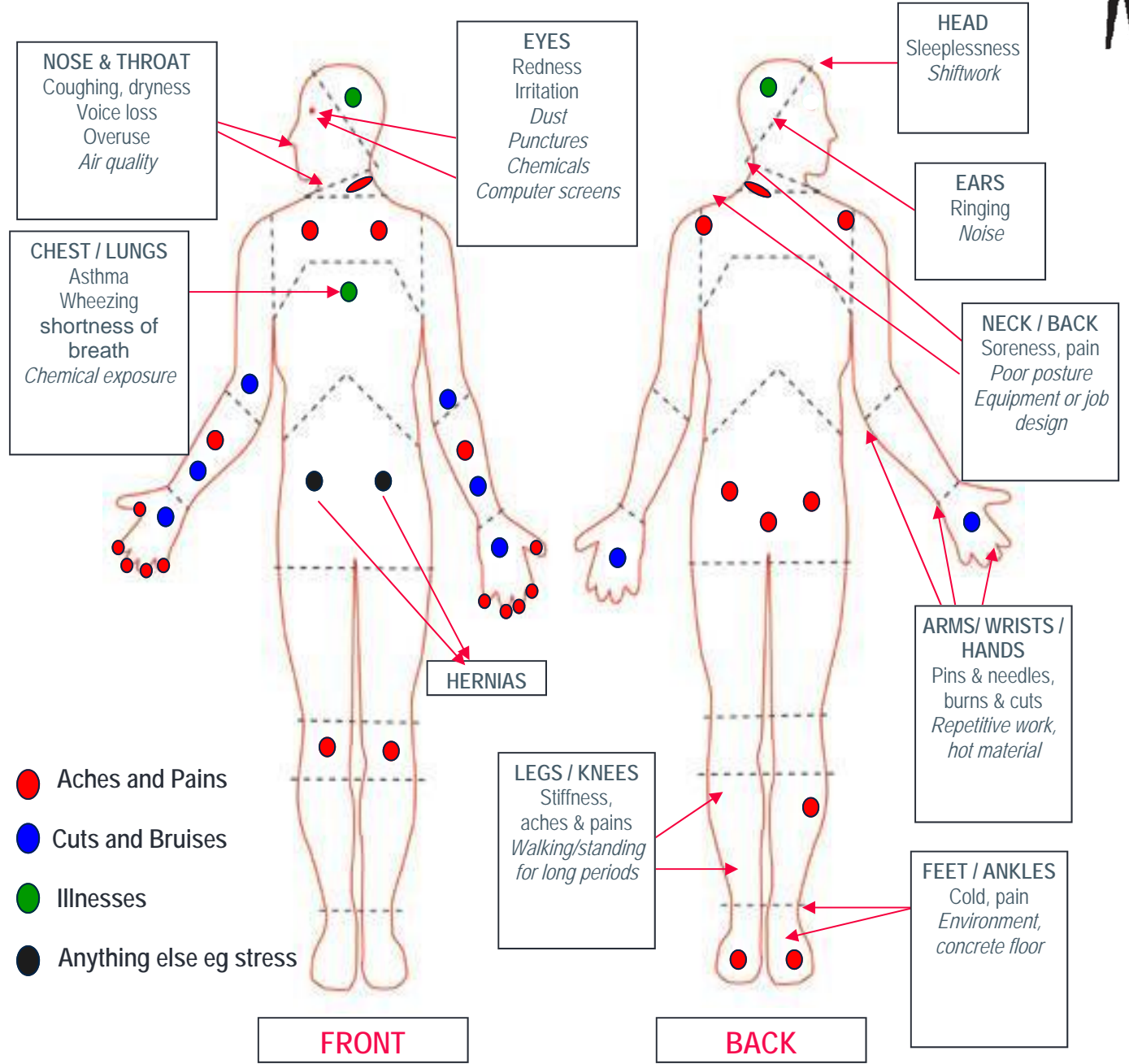
- red - aches and pains
- blue - cuts and bruises
- green - illnesses
- black - anything else (eg stress)

Discuss any causes and solutions as you go along and jot this information down onto the body map. If there isn't any space then get someone else to help you take notes.

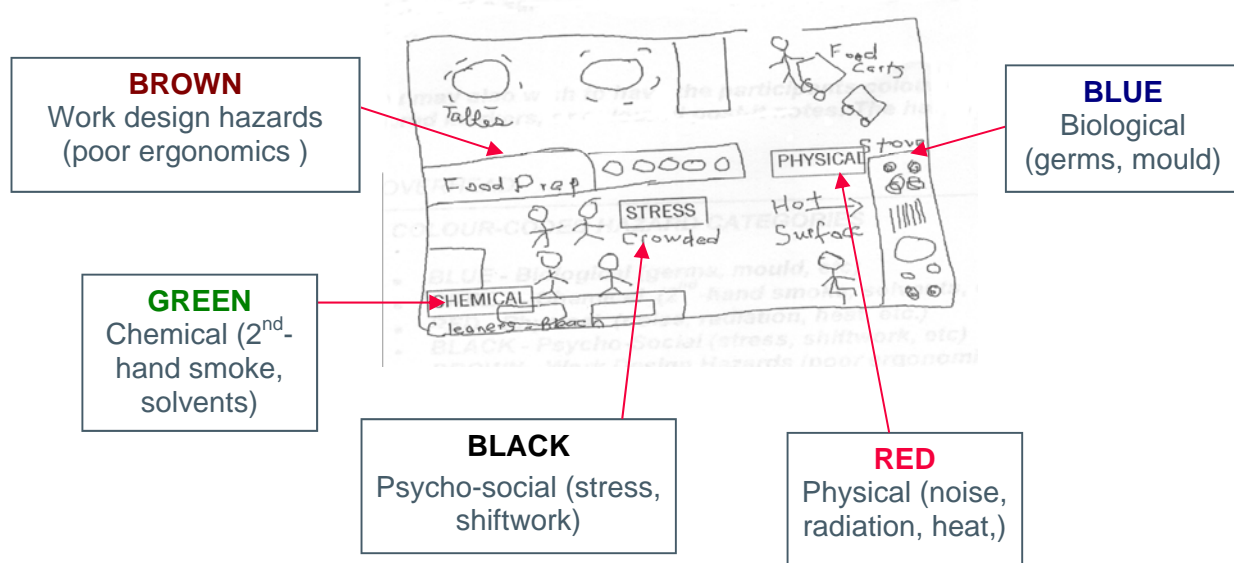
Keep a record of identified problems.

Put psycho-social problems such as stress, sleeping difficulties, anxiety or fatigue in a circle over the head. If you cannot show your problems with dots, e.g. if you have generalised pain or a skin rash over a large part of your body, draw it on with a marker.

Discuss who, why, where, when and how and compare different symptoms of members working in the same area, or doing the same tasks to identify common patterns, agree on what is important and discuss ideas or solutions to improve the situation.



HAZARD MAP

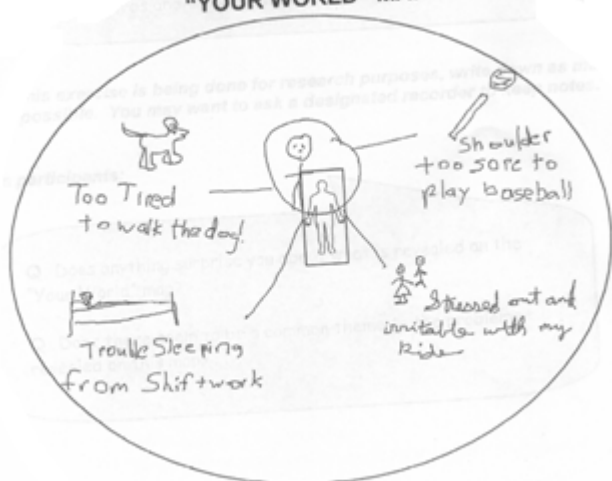


Hazard Map

Draft a rough outline map of your work area

- Draw the physical layout of your work areas
- Add members (these can be stick people)
- Draw in any hazards
- Label the hazards, eg. hot surface
- Add in issues identified in body mapping session and/or walk around inspection

"YOUR WORLD" MAP



Your "World" Map

Discuss with members how work-related illness and injury can affect their lives outside work so as to recognise the impact that work has and identify issues that previously may have not been attributed to work. For example, stress from work may make you irritable and put strain on family relationships, or strain injuries may prevent you from playing sport.

Get a large piece of paper with a sketch of a person/stick figure in the middle and ask members to explain and draw on the map how work may affect their outside lives. Discuss any common themes around the problems revealed.