Discomfort Survey



BENEFITS

Musculoskeletal injuries (MSIs) are a leading source of workers' comp claims and lost-work days. MSIs are injuries that affect tendons, muscles, nerves and joints, often in the neck, upper and lower back, chest, shoulders, arms and hands. The symptoms of MSIs are often subtle, such as tenderness, weakness, tingling, swelling, numbness, pain and unreasonable fatigue. Workers may not even realize that these kinds of discomfort could be signs that they're developing an MSI—until it's too late.

HOW TO USE THE TOOL

Ask workers to complete this survey form every six months to try to identify those who are experiencing discomfort that could be a sign of or lead to an MSI as well as the possible sources of that discomfort. Use the results of the surveys to guide and focus your assessment of ergonomics-related hazards in your workplace.