

## Body Mapping Activity

**"A picture is worth a thousand words." We've all heard this and as a tool to help figure out health and safety problems it turns out to be true.**

On your tables you have colored dot stickers, colored markers and flipchart paper.

- In your group, draw a body map (it doesn't have to be perfect – just have fun!) and put the sticky dots/marker notations on any areas of the body you believe are affected by your job. These can be for problems you are experiencing now or have experienced since you have been working.
- Use the following colors to represent a different problem you and your colleagues in your group are experiencing.
  - **red - aches and pains**
  - **blue - cuts and bruises**
  - **green – where you feel stress**
  - **yellow – psycho-social (eg; stress, fatigue, etc)**
  - **black – anything else**
- If you can't show your problems with dots (eg; a generalized pain or a skin rash over a large part of the body) you can use a colored marker to show this. Problems such as stress, sleeping difficulties, anxiety or fatigue can be put in a cloud above the head.
- Once your group is done, use the tape provided to post your drawing up on the wall and review other maps for comparison.

### Questions to Consider:

1. Are there any clusters or patterns of dots on your body map experienced by members in your group?

2. What did you notice on other group's body maps?

Similarities?

Differences?

3. What types of work/tasks might be causing the problems?
4. What are some potential solutions you can think of to address the pain/symptoms you are experiencing and prevent them from happening in the first place.