

- 1 year to 5 years
- 5 years to 10 years
- Greater than 10 years

12. How often are you **mentally** exhausted after work?

- Never
- Occasionally
- Often
- Always

13. How often are you **physically** exhausted after work?

- Never
- Occasionally
- Often
- Always

14. Have you ever had any pain or discomfort during the last year that you believe is related to your work?

- Yes
- No (If **NO**, **stop here**)

15. If **YES**, for each body part described in the boxes on the reverse side of this page, please indicate:

- How often you have discomfort in each body part
- The severity of discomfort
- Whether the pain interferes with your ability to do your job
- On which side of the body the discomfort is felt

For each area with 'Pain' or 'Severe Pain', or in which 'Discomfort' is felt 'Always', please indicate what you think may have caused the problem, and check either 'yes' or 'no', to indicate whether you have suffered a previous injury to this body part.

BODY PART	PREVIOUS INJURY	POSSIBLE CAUSE OF PROBLEM
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	

PHYSICAL DISCOMFORT SURVEY

Please note: "pain" may include aches, stiffness, numbness, tingling or burning sensations

PHYSICAL DISCOMFORT SURVEY

Please note: 'pain' may include aches, stiffness, numbness, tingling or burning sensations

NECK	
How often?	How Much?
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort
<input type="checkbox"/> Often	<input type="checkbox"/> Pain
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain

SHOULDERS		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		

ELBOWS		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		

UPPER BACK	
How often?	How Much?
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort
<input type="checkbox"/> Often	<input type="checkbox"/> Pain
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain

FOREARMS		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		

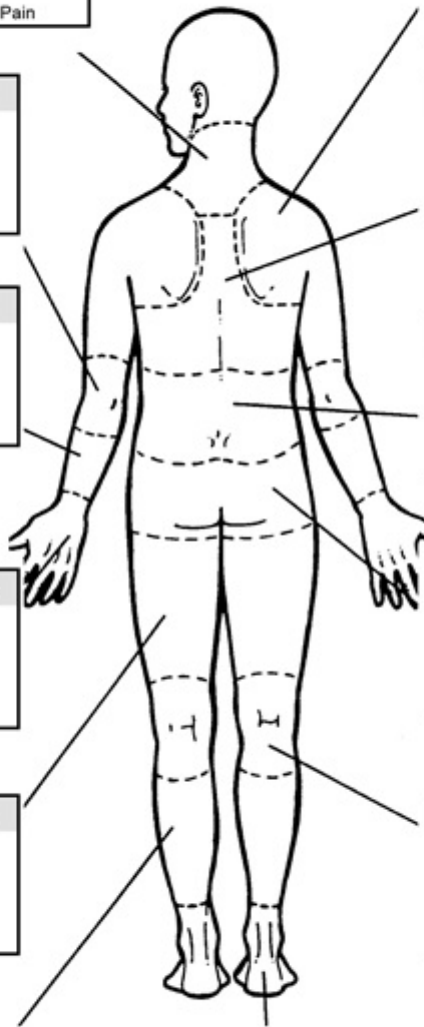
LOWER BACK		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		

WRISTS/ HANDS		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		

HIPS		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		

THIGHS		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		

KNEES		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		



LOWER LEGS		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		

ANKLES / FEET		<input type="checkbox"/> right	<input type="checkbox"/> left
How often?	How Much?		
<input type="checkbox"/> Never	<input type="checkbox"/> No Discomfort		
<input type="checkbox"/> Occasionally	<input type="checkbox"/> Discomfort		
<input type="checkbox"/> Often	<input type="checkbox"/> Pain		
<input type="checkbox"/> Always	<input type="checkbox"/> Severe Pain		

SafeManitoba