



# BODY MAPPING

Body mapping is a useful tool you can use to get a better idea of how your work is impacting your health.

## HOW TO COMPLETE THE EXERCISE:

- Mark on the diagram any area of the body that you believe is affected by your work. This could be pain, general discomfort, recurring injuries, aches or other issues you may be experiencing.
- Return your completed body map to your HSR.

This information will help your HSR identify common patterns of discomfort or pain, which can help indicate hidden hazards in your workplace. Once your HSR identifies a hidden hazard, they can take action, which can save you and your workmates further discomfort or injury.