DISCOMFORT SURVEY

Please answer all questions truthfully and to the best of your ability.

1. Date: ____ / ____ / ____ (Mo. / Day / Year) 2. Name: _____ (Optional)

3. Job Title: _____ 4. Dept.: _____

5. Shift: _____ 6. Height: _____

7. Dominant Hand: ❒ Left ❒ Right ❒ Either 8. Gender: ❒ Male ❒ Female

9. How long have you worked in your current position?
❒ < 3 mos. ❒ 3 mos. – 1 year ❒ 1 – 5 years ❒ 5 – 10 years ❒ 10 + years

10. How often are you mentally exhausted after work?
❒ Never ❒ Occasionally ❒ Often ❒ Always

11. How often are you physically exhausted after work?
❒ Never ❒ Occasionally ❒ Often ❒ Always

12. Have you ever had any pain or discomfort during the last year that you believe is related to your work?
❒ Yes ❒ No (If no, go to question 16)

13. If yes, please complete page 2 of the survey.

14. For each area of discomfort indicated on page 2, please describe what you think is causing or caused this discomfort.

BODY PART	PREVIOUS INJURY	POSSIBLE CAUSE OF PROBLEM
	❒Yes ❒ No	
	❒Yes ❒No	
	❒Yes ❒No	
	❒Yes ❒ No	

15. For each area of discomfort indicated on page 2, please record which job task(s) aggravates the discomfort.

BODY PART	WHAT AGGRAVATES THE PROBLEM

16. Do you have any suggestions to improve your job tasks or additional comments?

_____

_____

_____

_____

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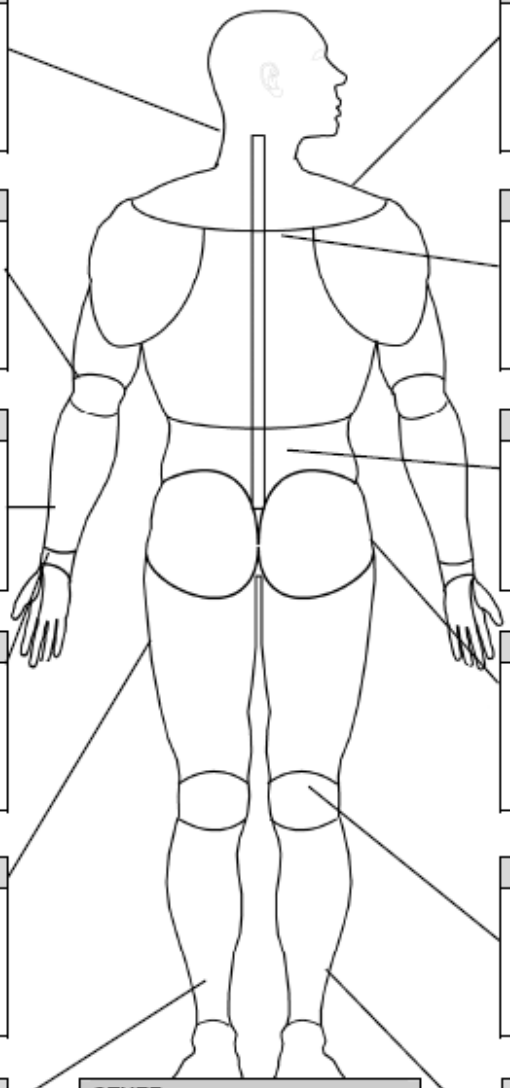
DISCOMFORT SURVEY

For each body part, please indicate how often you experience pain (never, occasionally, often or always). Then indicate on a scale of 0-10 (0 being no pain and 10 being severe pain), how much pain you experience for each body part. Remember, pain includes aches, stiffness, numbness, tingling or burning sensations.



NECK ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

SHOULDERS ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

ELBOWS ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

UPPER BACK ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

FOREARMS ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

LOWER BACK ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

WRIST/HANDS ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

HIPS ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

THIGHS ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

KNEES ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

ANKLES/FEET ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

OTHER: _____	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

LOWER LEGS ❒ right ❒ left	
How often?	How much?
❒ Never	
❒ Occasionally	
❒ Often	_____
❒ Always	

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