

# BODY MAPPING

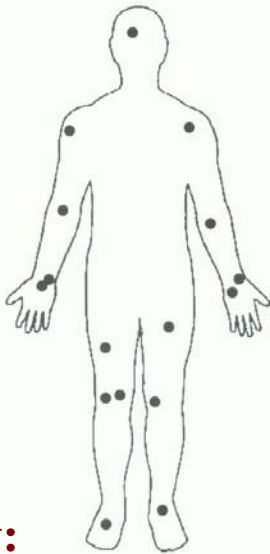


## Purpose:

To understand what people do on their job and their aches, pains and other health concerns.

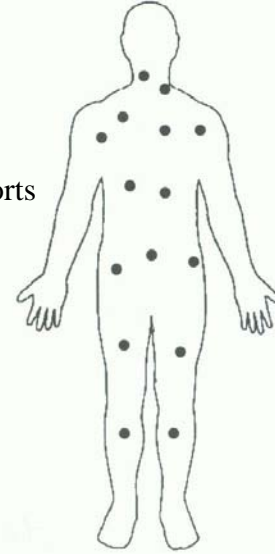
## Materials:

- Stickers with the word “ouch” or “ay.”
- Wall chart and blank stickers in several colors



## Objectives:

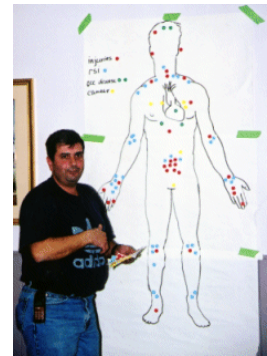
- Create a visual picture of the discomforts that workers experience on the job.
- Demonstrate the physical motions required to do the job.
- Describe an injury or occupational illness.



## Activity:

### In a large class with many different types of jobs:

1. Ask workers to break into small groups of 5 – 6 persons.
2. Have each worker explain his/her job tasks and demonstrate or mime what s/he does.
3. Other members of the group put stickers on the worker where they suspect s/he will feel pain caused by the work s/he is performing.
4. The group picks one person to demonstrate his/her job to the entire class.
5. Class discusses the risk factors (e.g. repetitive motions, etc.) involved in the different tasks that are demonstrated.
6. Write risk factors on the flipchart.



### In a smaller class in which everyone performs a similar task at work:

1. Ask for a volunteer to mime his/her job.
2. The rest of the class is to put stickers on the worker where they think s/he may hurt.
3. Discuss the placement of the stickers and if there are other places where the worker may hurt.
4. Discuss the risk factors involved in the different tasks that are demonstrated.
5. Write the risk factors on a flipchart.