

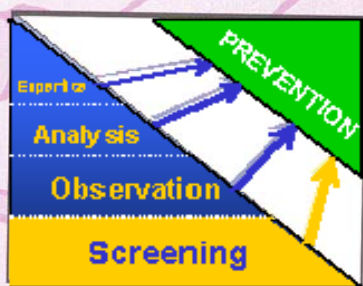
SOBANE strategy for the prevention of musculoskeletal disorders

The following documents have been translated and adapted by:
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from the SOBANE document concerning the prevention of musculoskeletal disorders prepared by Prof. J. Malchaire

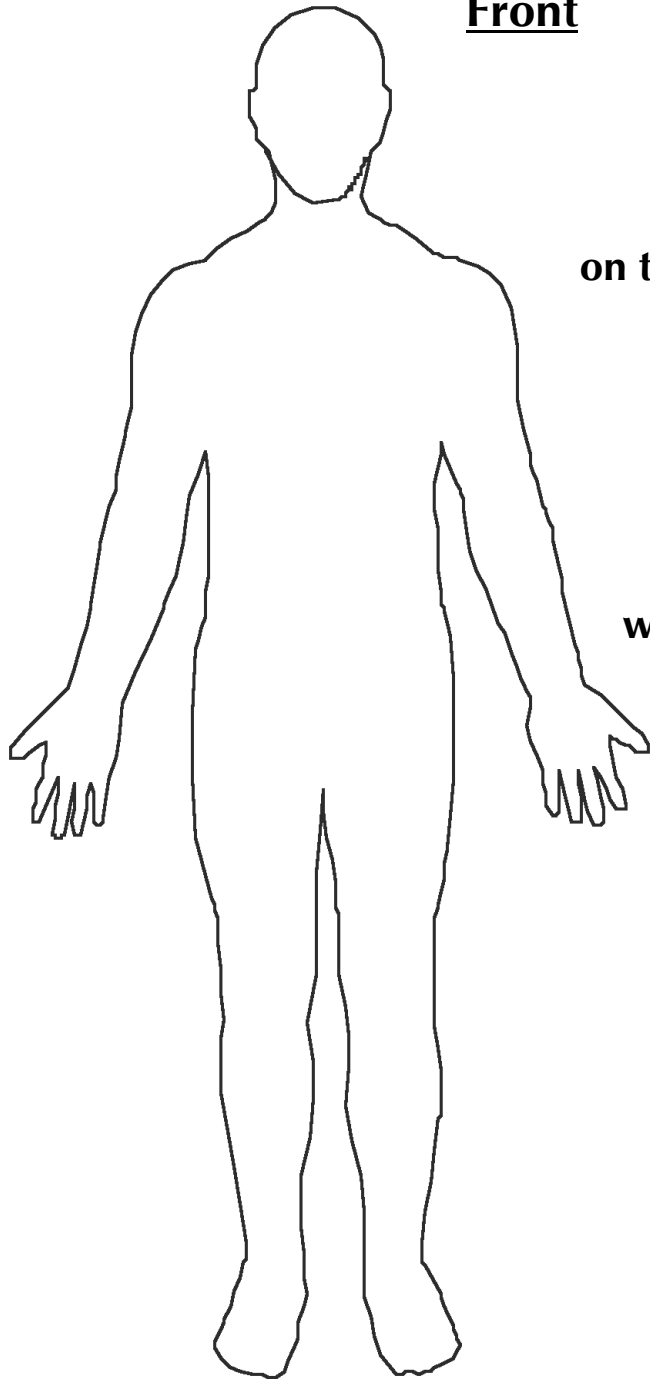
The original document en French can be found at the following address:
<http://www.deparisnet.be/TMS/TMSdos.htm#sobanefr1>

It is the Screening sheet aimed to be distributed to the workers in order to prompt them to become aware of the musculoskeletal problems they encounter in their daily working life.

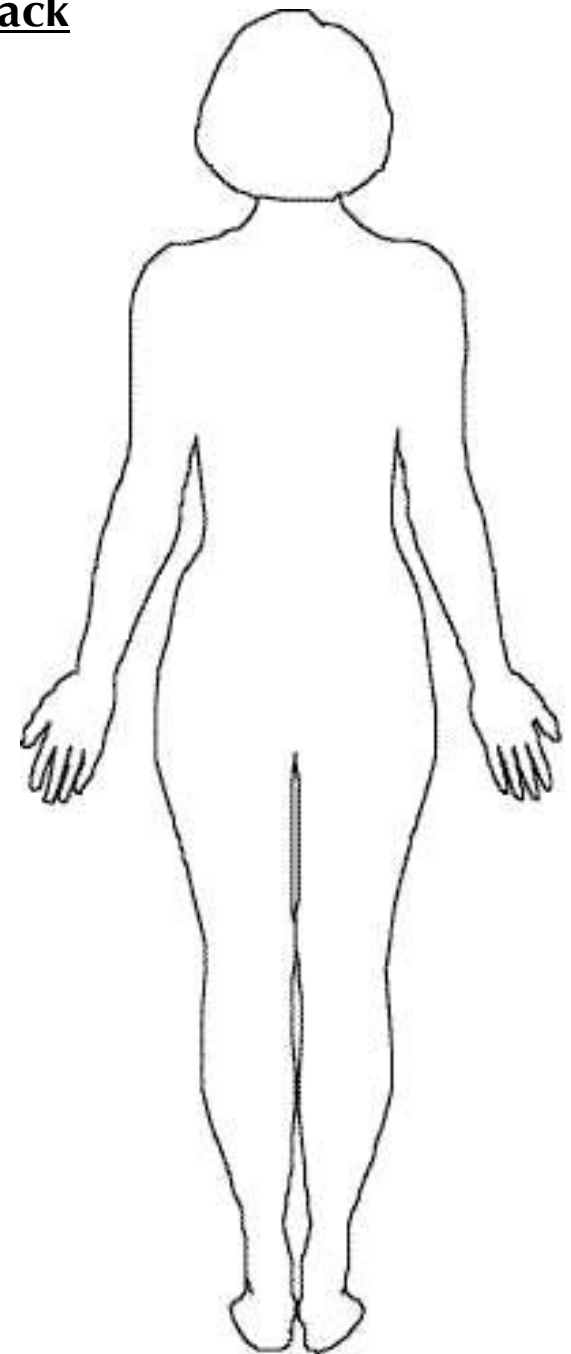


Level 1, Screening

Front



Back



The outline
on the left is the front of the body.
The one on the right
is the back of the body.

Mark each spot or area
where you have an ache, pain
or discomfort.

Body area affected (from body map)	When? (What are you doing when you notice the ache/pain/discomfort?)	What causes the problem or complaint?	What kind of ergonomic hazard is it? (See bottom of page for list.)	What can be done immediately to avoid it?	What should be analysed or investigated in more detail?

Uncomfortable postures or positions: twisting, arms raised, bent wrists, pinch grip with fingers, non-neutral positions

Heavy and repeated efforts (force): tightening things, pulling, pushing, lifting, hitting something

Repetition: of the same movement or gestures

Work environment issues: humidity, temperature, vibration, lighting or other physical hazards

Stressors/work organisation hazards: pace of work, time pressures, inadequate machines or tools, chance of violence, no say about what you're doing, little or no support or respect, etc.

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