MEASURE THE PREVALENCE OF MSD



MEASUREMENT OF MUSCULOSKELETAL DISORDER – MSD

1/2

PRIOR TO AN INITIATIVE

Please indicate the degree of discomfort (pain or distress) in your neck or shoulders within the last 3 months										
1 2 3	4	5	6	(7) (8) (9) (10)						
NO DISCOMFORT AT ALL				WORST POSSIBLE DISCOMFOR						
Please indicate the degree of discomfort (pain or distress) in your elbows within the last 3 months										
1 2 3	4	5	6	7 8 9 10						
NO DISCOMFORT AT ALL WORST POSSIBLE DISCOMFORT Please indicate the degree of discomfort (pain or distress) in your wrists/hands within the last 3 months										
1 2 3	4	5	6	7 8 9 10						
NO DISCOMFORT AT ALL Please indicate the c lower back within th	0		fort (pai	WORST POSSIBLE DISCOMFOR						
$\begin{array}{c} 1 \\ \hline 1 \\ \hline 2 \\ \hline 3 \\ \hline \end{array}$		(5)	6	(7) (8) (9) (10)						
NO DISCOMFORT AT ALL				WORST POSSIBLE DISCOMFOR						
Within the last 3 months, how many days in all, did you have a headache?										
○ 0 days		, ,	,	. ,						
1-3 days										
4-7 days										

- 8-14 days
- \bigcirc More than 14 days

MEASUREMENT OF MUSCULOSKELETAL DISORDER – MSD

2/2

AFTER AN INITIATIVE

Please indicate the degree of discomfort (pain or distress) in your neck or shoulders within the last 3 months										
(1) (2) (3) (4) (5)	6	(7)	(8)	(9)	(10)					
NO DISCOMFORT AT ALL		WORST POSSIBLE DISCOMFORT								
Please indicate the degree of discomfort (pain or distress) in your elbows within the last 3 months										
1 2 3 4 5	6	7	8	9	10					
NO DISCOMFORT AT ALL		W	ORST POS	SIBLE DISCO	OMFORT					
Please indicate the degree of discomfort (pain or distress) in your wrists/hands within the last 3 months										
(1) (2) (3) (4) (5)	6	(7)	8	9	10					
NO DISCOMFORT AT ALL		W	ORST POS	SIBLE DISCO	OMFORT					
Please indicate the degree of discomfort (pain or distress) in your lower back within the last 3 months										
1 2 3 4 5	6	7	8	9	10					
NO DISCOMFORT AT ALL		W	ORST POS	SIBLE DISCO	OMFORT					
Within the last 3 months, how many \bigcirc 0 days	days in a	all, did y	ou have	a heada	che?					

- 1-3 days
- 4-7 days
- 8-14 days
- \bigcirc More than 14 days