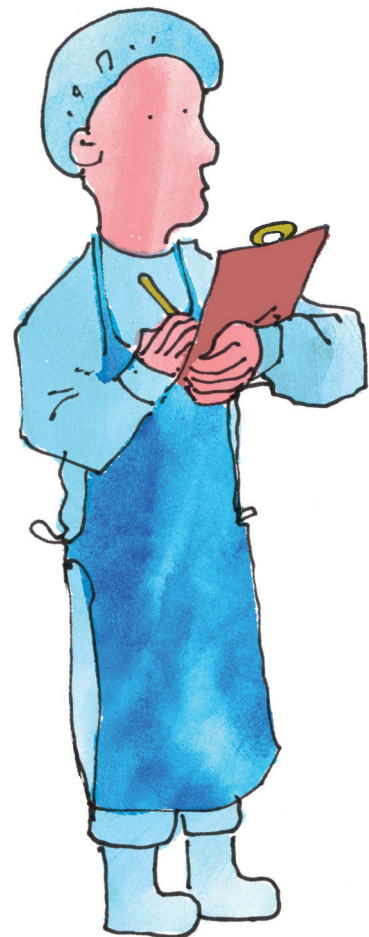


MEASUREMENT OF MUSCULOSKELETAL DISORDER – MSD



MEASUREMENT OF MUSCULOSKELETAL DISORDER – MSD

1/2

PREVALENCE OF MUSCULOSKELETAL DISORDER

Department / name: _____

Date: _____

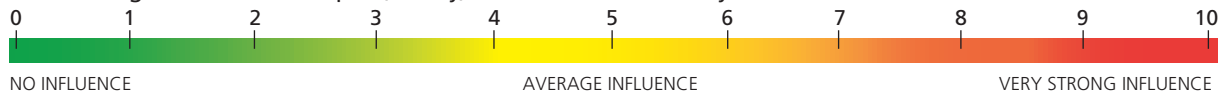
Did you experience discomfort, pain, distress – MSB	DURING THE LAST WEEK		THE LAST MONTH
	_____	_____	_____
Hands / wrist	_____	_____	_____
Elbows	_____	_____	_____
Shoulder / shoulder region	_____	_____	_____
Neck	_____	_____	_____
Upper part of the back	_____	_____	_____
Lower part of the back	_____	_____	_____
Legs	_____	_____	_____

Please respond on a scale of one to ten, with 0 being none and 10 the worst pain imaginable

To how large an extent does pain, if any, exert an influence on your fitness for work?



To how large an extent does pain, if any, exert an influence on your normal activities after work?



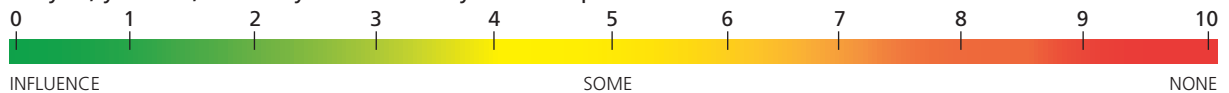
How high is the risk, in your opinion, of your current trouble becoming long-term?



How do you experience your work pace?



Do you, yourself, have any influence on your work pace?



Are you exhausted after a work day?



Do you need more than one day to feel relaxed?

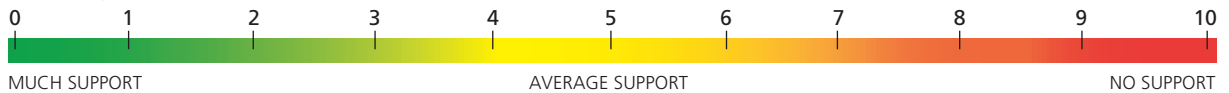


MEASUREMENT OF MUSCULOSKELETAL DISORDER – MSD

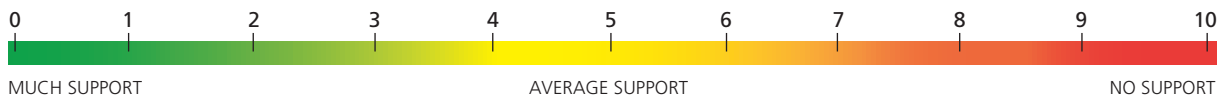
2/2

PREVALENCE OF MUSCULOSKELETAL DISORDER

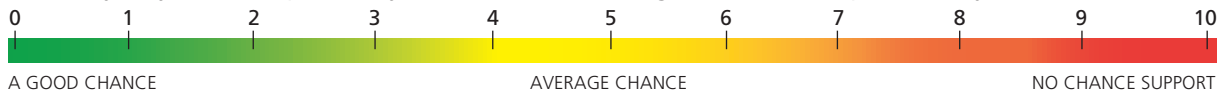
How do you experience the support/cooperation from your most immediate superior, if you are or have been in pain?



How do you experience the support/cooperation from your colleagues, if you are or have been in pain?



How do you, yourself, experience your chances of reducing the MSD consequences on your own?



How often do you take pain-killing drugs to cope with your job?



Is there anything in your family / leisure life that may influence your MSD?



How would you, in general, assess your physical health?



How would you, in general, assess your mental health?



Any comments concerning your working situation that might be useful in our preventative work:

WE THANK YOU FOR YOUR ANSWERS
The answers are to be used for improvement of our work place.

Kind regards from your work environment group and the Work Environment Committee