Mark on the body where you see potential health and safety issues.

Use **red** to indicate pains and soreness
Use **blue** to indicate cuts, burns and bruises
Use **purple** to indicate stinging and itching
Use **green** to show illnesses and nausea
Use **yellow** to indicate fatigue or stress
Use **black** for anything else
Mark on the body where you see potential health and safety issues.

Use red to indicate pains and soreness
Use blue to indicate cuts, burns and bruises
Use purple to indicate stinging and itching
Use green to show illnesses and nausea
Use yellow to indicate fatigue or stress
Use black for anything else