



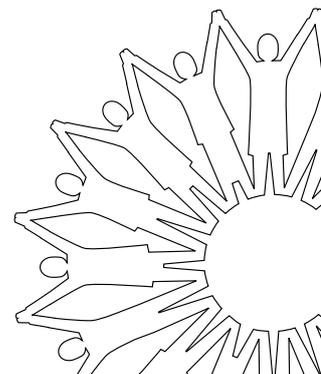
# Using Workplace and Body mapping tools

Sometimes it can be difficult to raise or discuss health and safety concerns at work. Workplace and Body Risk Mapping are a way to overcome this by providing a simple way for workers to identify safety health and welfare issues in their workplace.

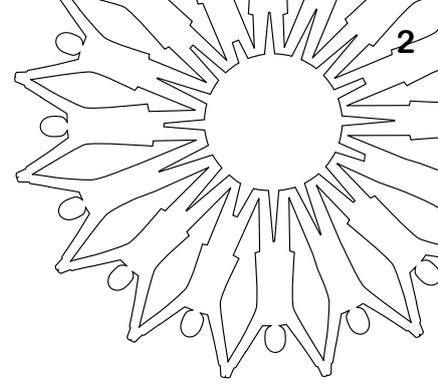
There is nothing difficult in workplace or body mapping. Each worker is provided with their own body and workplace mapping sheet and asked to put a coloured mark onto the map to show any symptoms that they may have or any hazards they have witnessed. By comparing the hazards and symptoms of members working in the same area, or doing the same tasks, you can identify common themes.

The body map shows what part of a workers body is getting hurt, sick or stressed by their job. It is a way to find out what injuries or illness workers have in common. Whilst it is not certain that any such common ailments are work-related, it highlights areas for further investigation.

The workplace map shows where there are health, safety and welfare problems in the workplace. By knowing where the hazards are workers and unions can raise these with a view to having them corrected.



# Workplace Map



## How to use risk mapping

Draw a sketch map of the work place/work area as per the sample provided. The map does not need to be a work of art or even to scale as long as it represents the workplace putting in machinery, storage and indicating the flow of work.

### Using a green marker, indicate physical hazards, such as:

- Holes in ceiling or floor
- Poor lighting
- Spills and puddles
- Too hot or too cold
- Too noisy
- Unsanitary facilities
- Lack of drinking water
- Other

### Using a red marker, indicate where there is exposure to toxic substances:

- Fume or smoke
- Vapor or gas
- Mist
- Chemical odor
- Contact with liquid
- Dust or fibers
- Viruses, blood, body fluids
- Bacteria and mould
- Other

### Using a blue marker, indicate where there are hazards due to repetitive motion:

- Assembly line
- Repetitive lifting
- Using a lot of force with arms or hands
- Working in awkward postures
- Hard to hold tools
- Vibration
- Incorrect handling of heavy objects
- Excessive workload
- Other

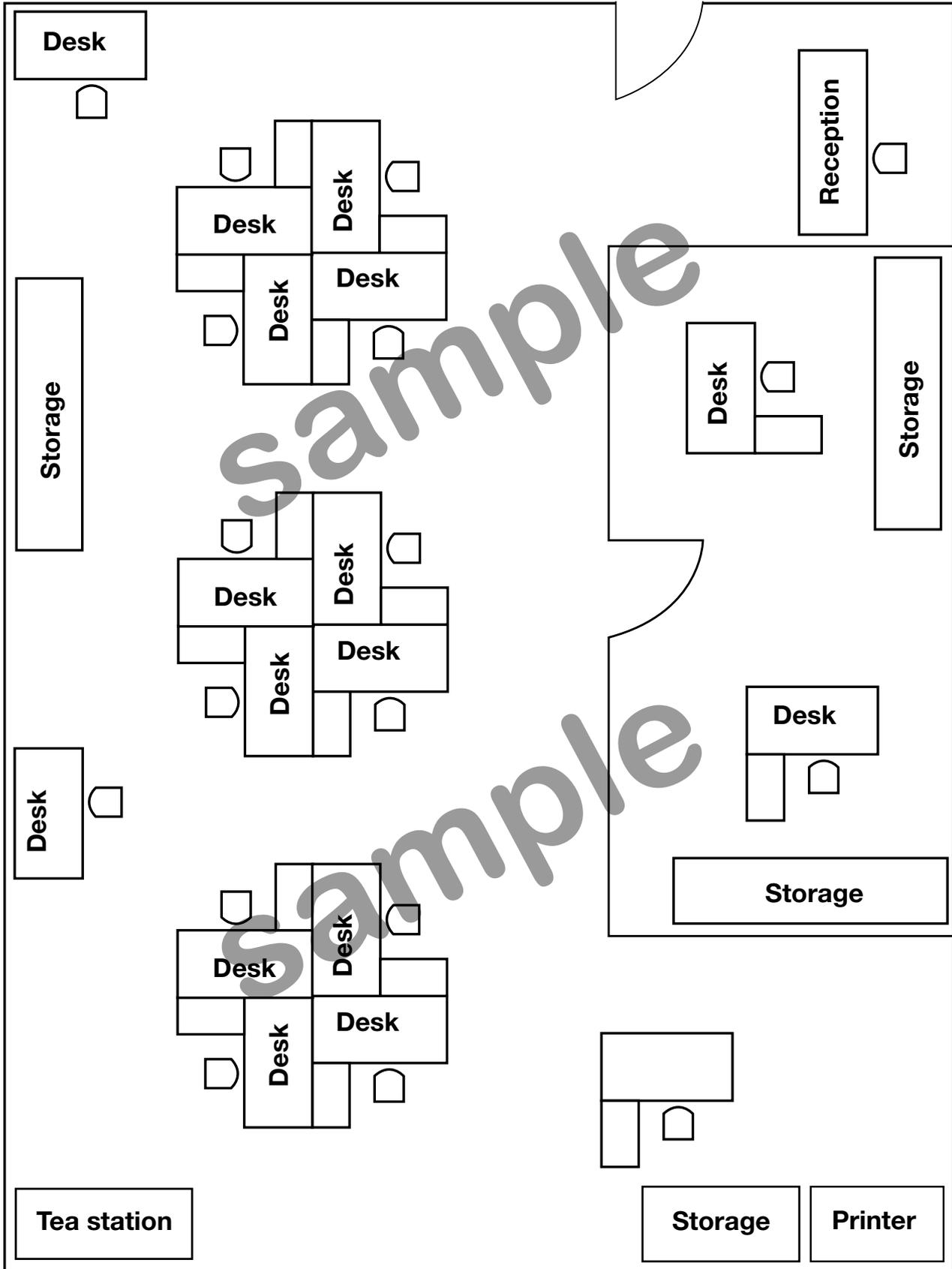
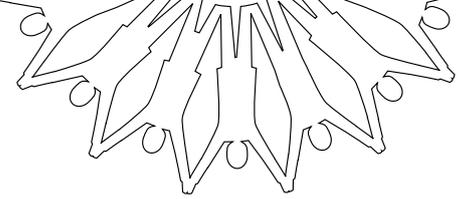
### Using an orange marker, indicate where workers are under stress:

- Rapid pace
- Understaffed
- Poor supervision and support
- Fear of reprisal
- Isolation
- Boredom or monotony
- Unachievable targets
- Threat of violence or customer abuse
- Bullying or harassment
- Other

### Using a purple marker, indicate safety hazards:

- Unguarded machinery
- Electrical hazards
- Blocked aisles or fire exits
- Tripping hazards
- Falling objects
- Slippery floors
- No lockout or blockout procedure
- Animals and livestock
- Unknown substances or chemicals
- Faulty or broken equipment
- Ill-fitting personal protective equipment
- Inadequate training
- Other

# Risk Map



# Risk Map

