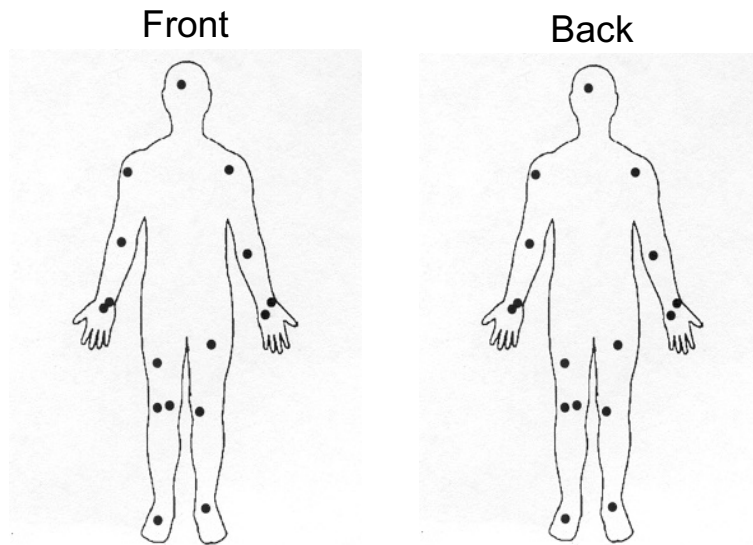


# Body Mapping



Body mapping starts with two large outlines of a body, similar to those above. One outline represents the front of the body, the other the back. Any large piece of paper with a rough outline of the body will do. You can use the outlines of the bodies supplied and enlarge them or sketch your own. What really matters is that the exercise gets done, not how fancy it looks.

Each worker is supplied with small round stickers, which they apply to the body outlines where they think their own job is hurting them or making them sick. A large felt marker can be used if stickers are not available. As the stickers are applied, notes can be kept around the edge of the body map explaining some of the dots. Make sure that names of any other identifiers are not used on the maps.

Be careful to think about all the possible ill effects of all parts of the job - headaches, nausea, breathlessness, itchy skin from detergents used, menstrual problems, weakness, fatigue or other problems where your job could be the cause. Even if you are unsure, body mapping can help to indicate whether a symptom is a problem for you or for everyone in your workplace.

Look at the completed body maps. Workers should talk about the findings together. What might the results mean? Are there any clusters or patterns of dots? Have any new problems been identified? Do known problem appear more extensive than previously thought?