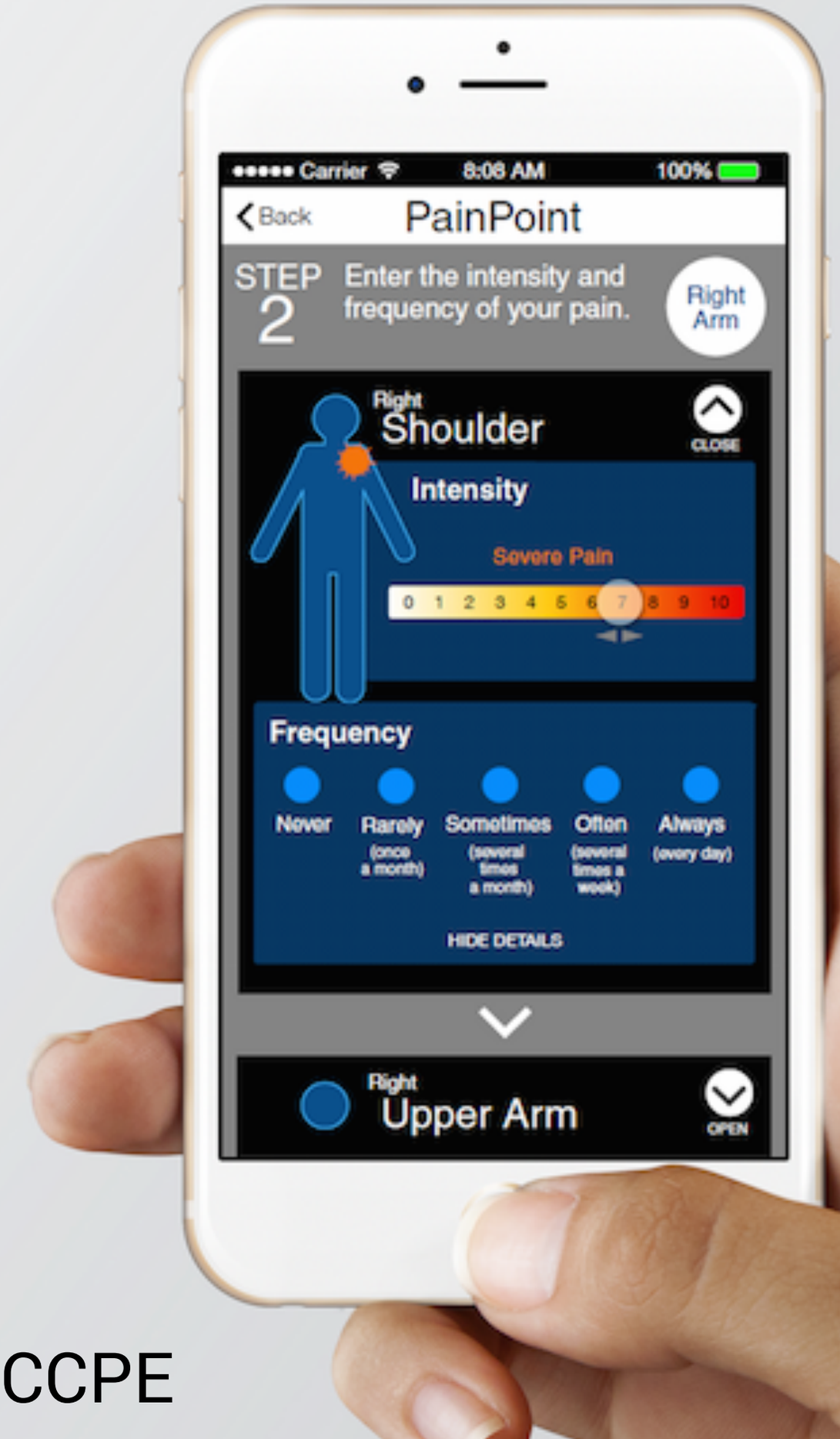
PAINPOINT

Prevent Work Injury

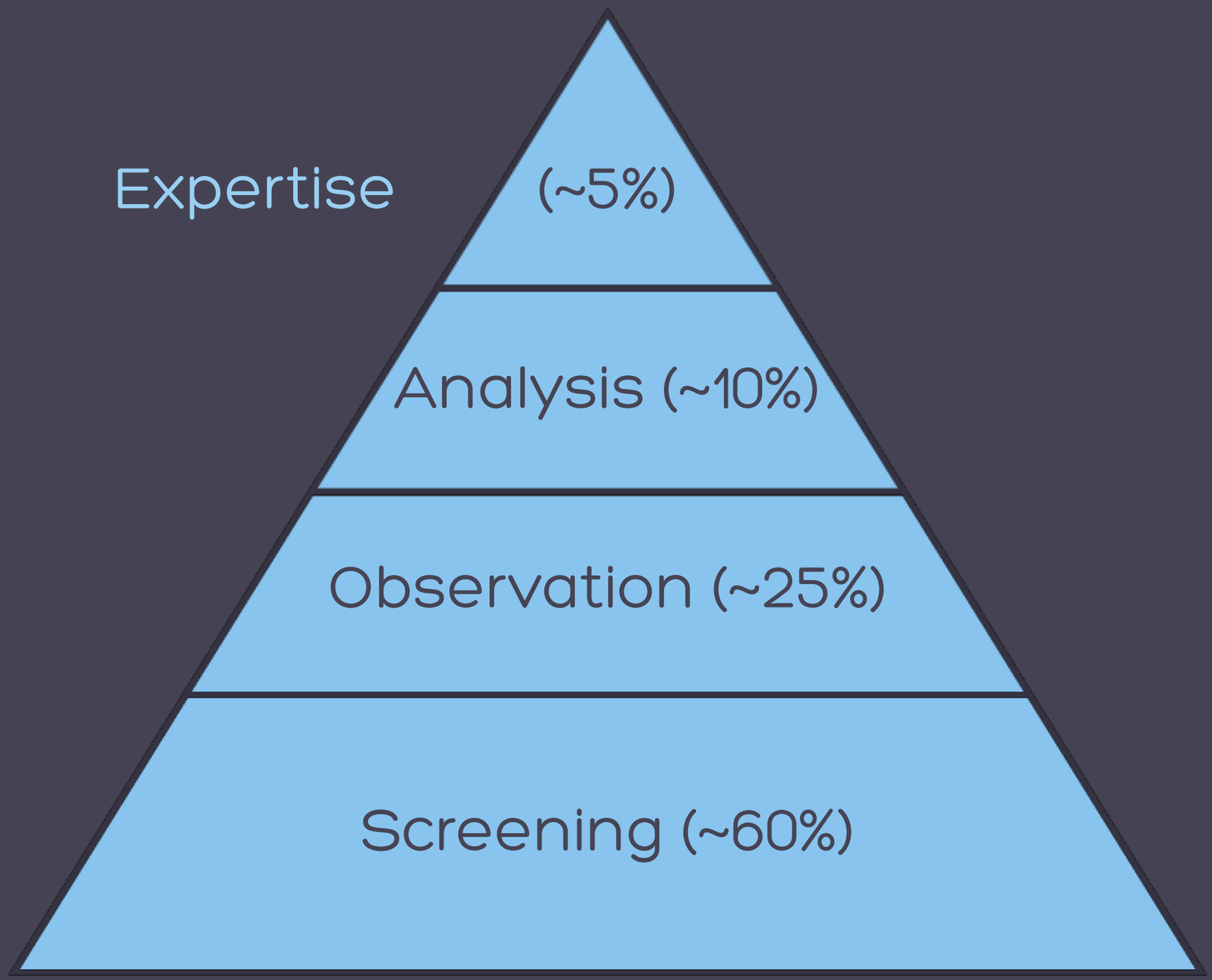
Available on the App Store

GET IT ON Google play

Get it at BlackBerry World



Curtis VanderGriendt, CCPE



Malchaire (2004)

BASIS FOR THE APP

ELSEVIER

International Journal of Industrial Ergonomics 17 (1996) 21–27

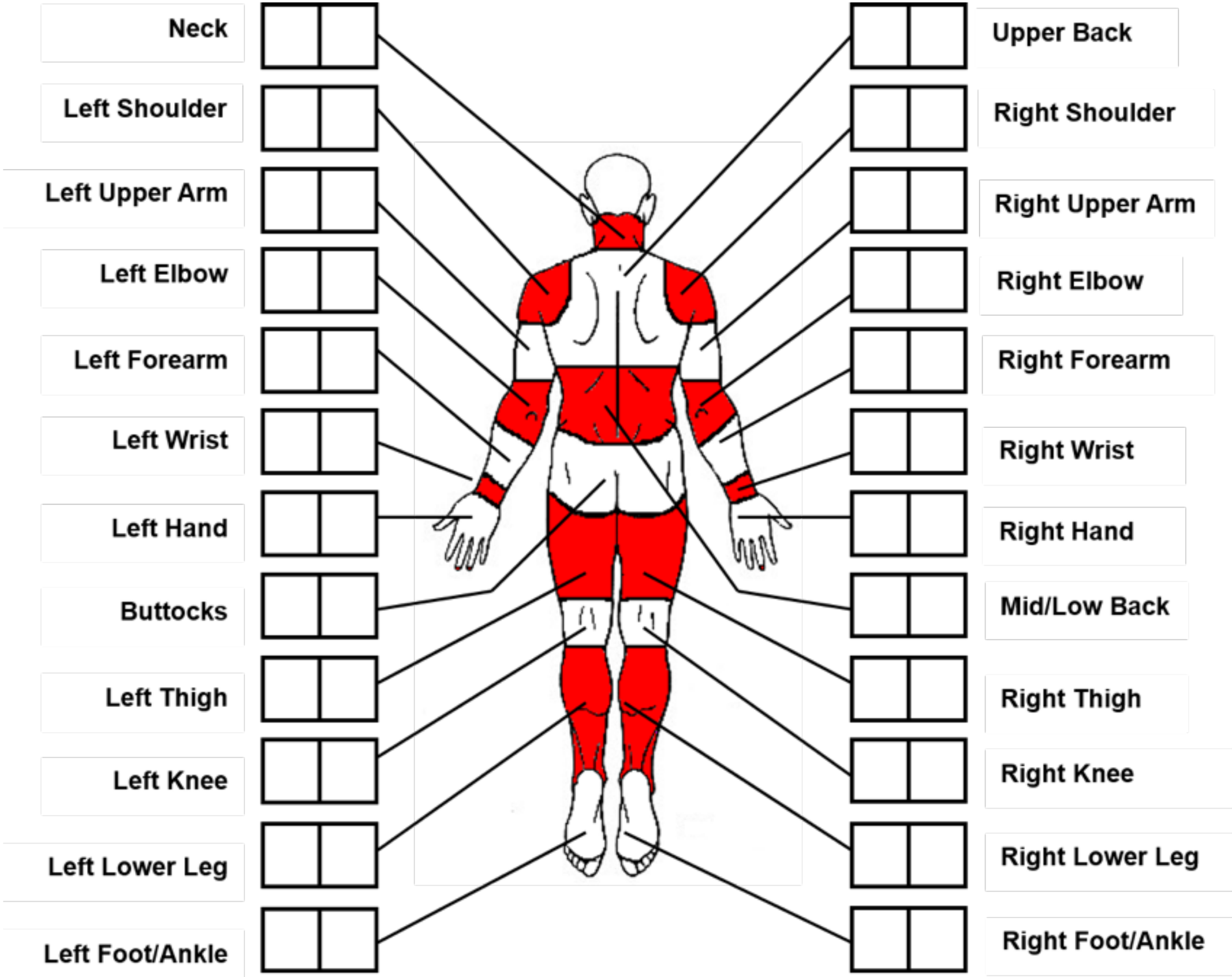
International Journal of Industrial Ergonomics

An improved musculoskeletal discomfort assessment tool

Robert J. Marley *, Nirmal Kumar

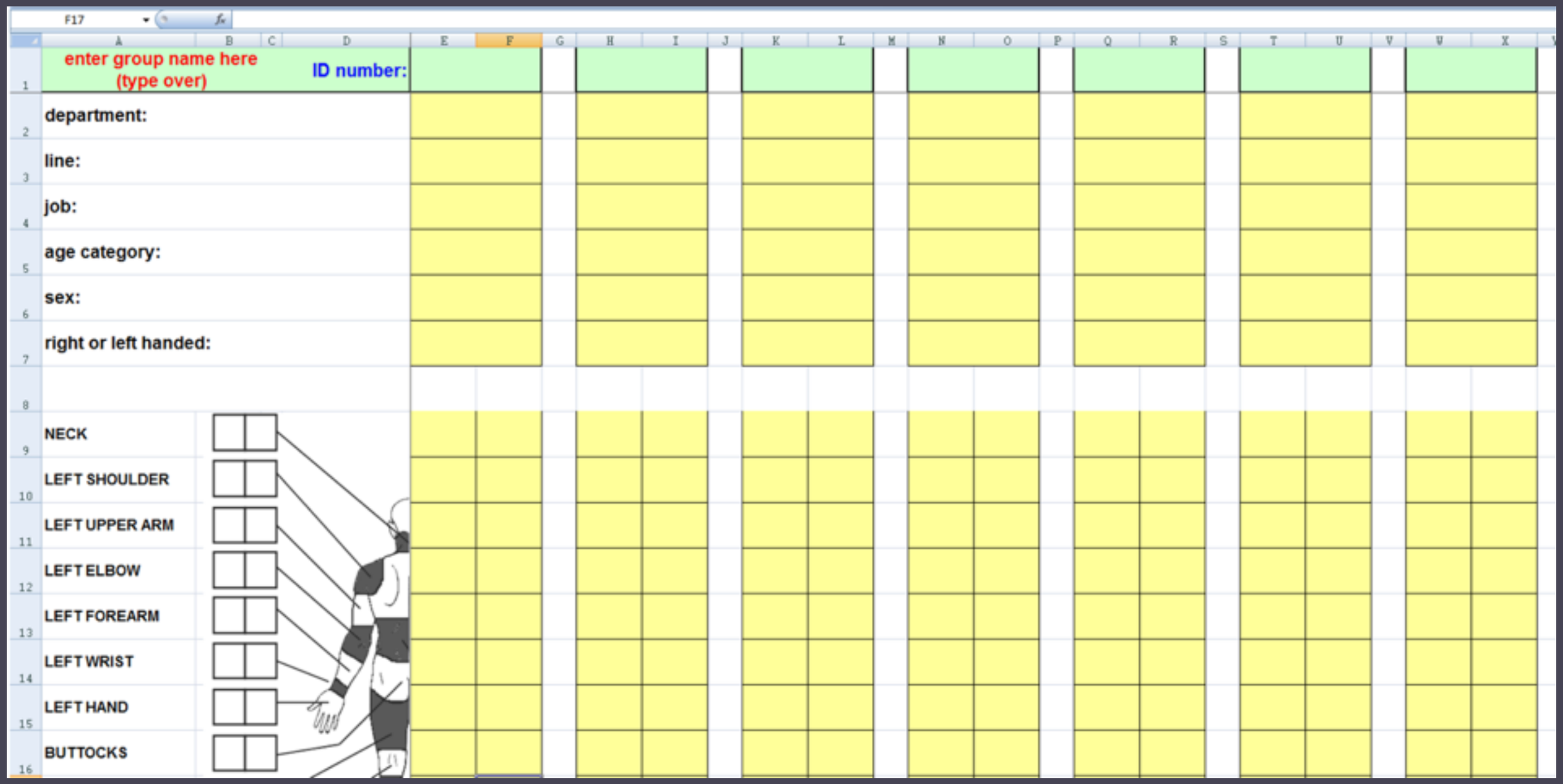
Industrial and Management Engineering Department, 315 RH, Montana State University, Bozeman, MT 59717-0384, USA

Received 15 June 1994; revised 15 September 1994



Marley and Kumar (1996)

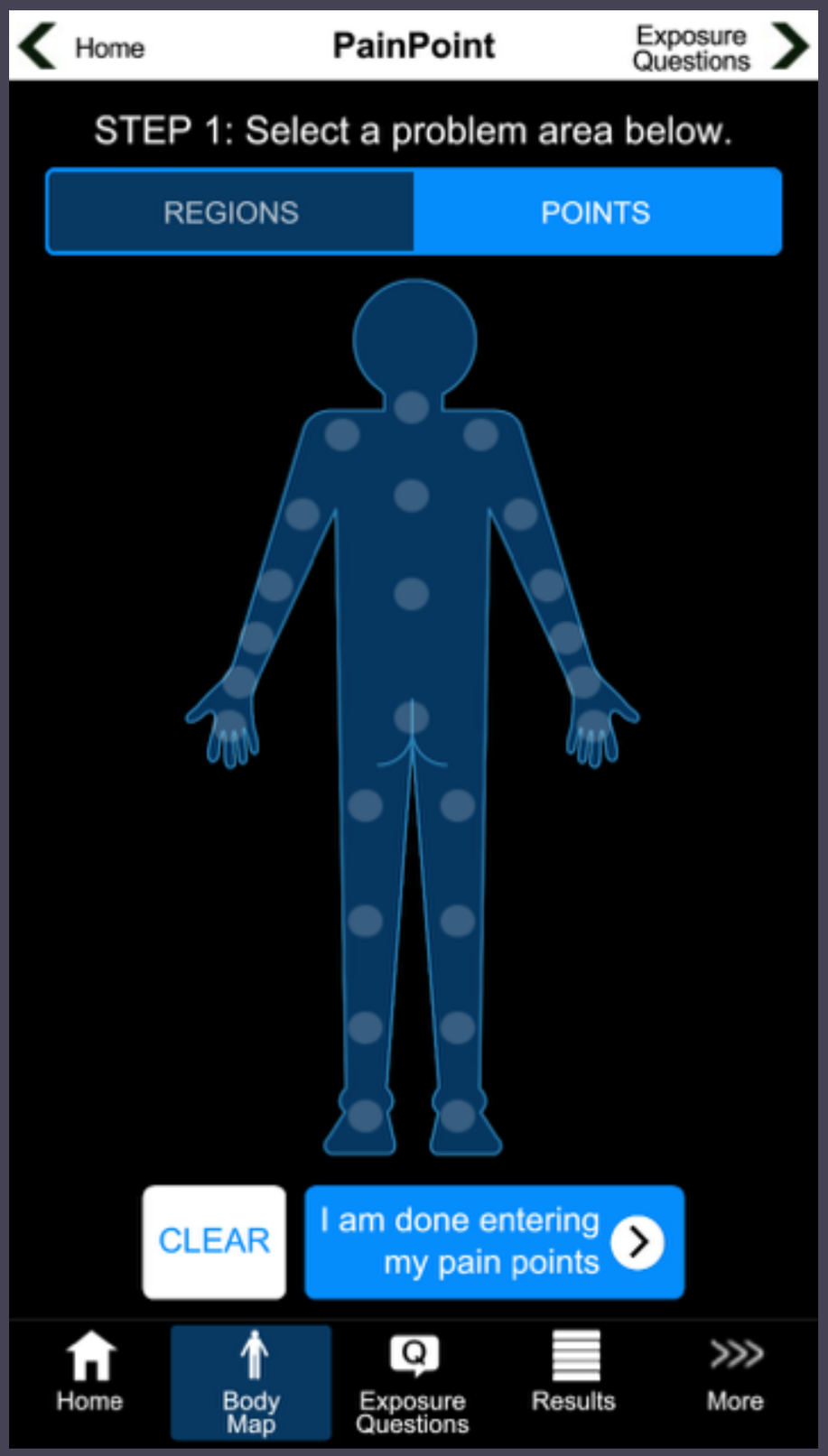
OHCOW DISCOMFORT SURVEY TOOL



Instant Access to Information

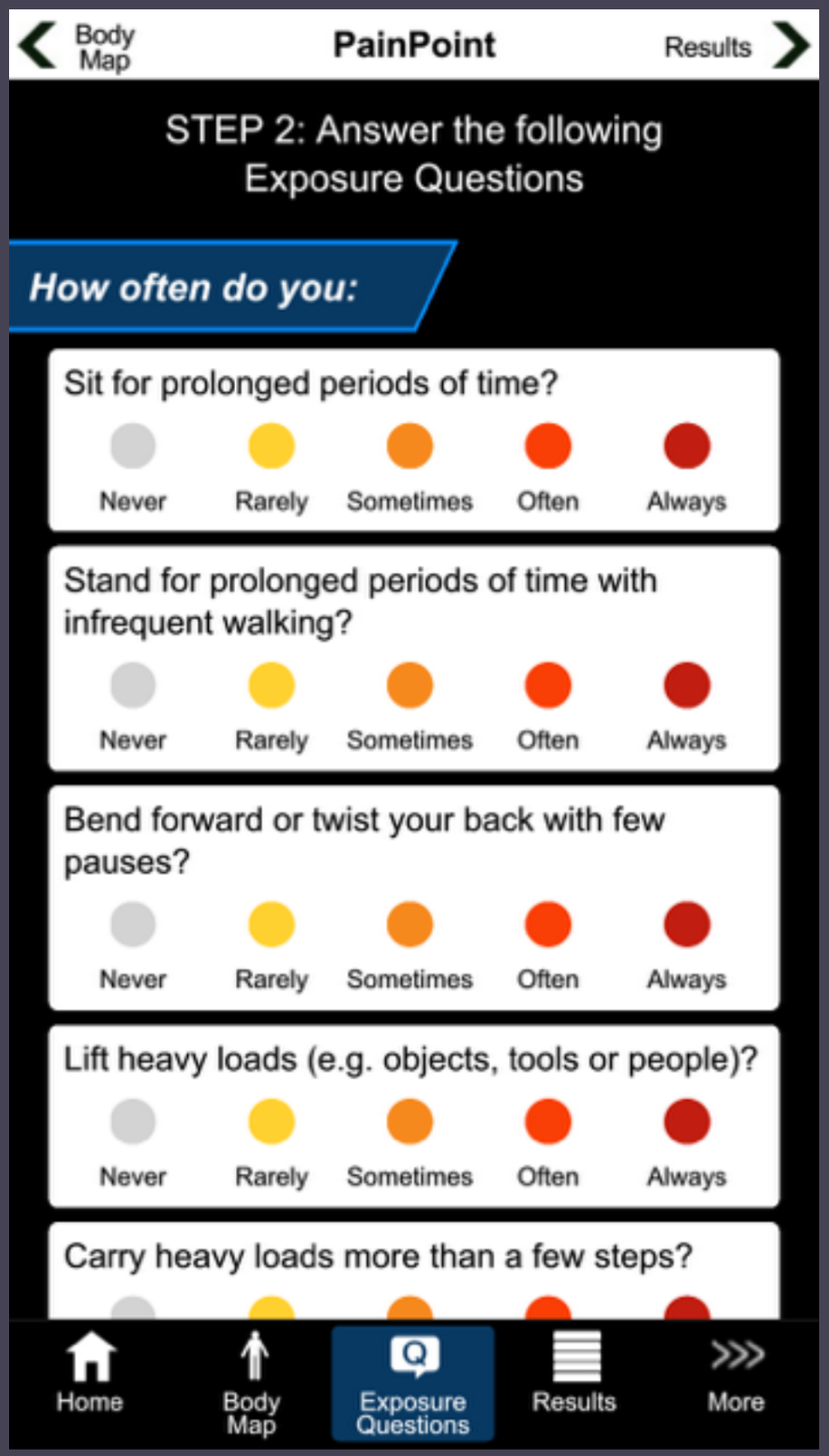
PAIN ENTRY

- Main body map separated into 5 regions to support smaller mobile devices
- Once clicked, one body part open by default, with additional scrollable
- Entry of both pain intensity and frequency of pain
- Ability to select specific body part on larger screen sizes



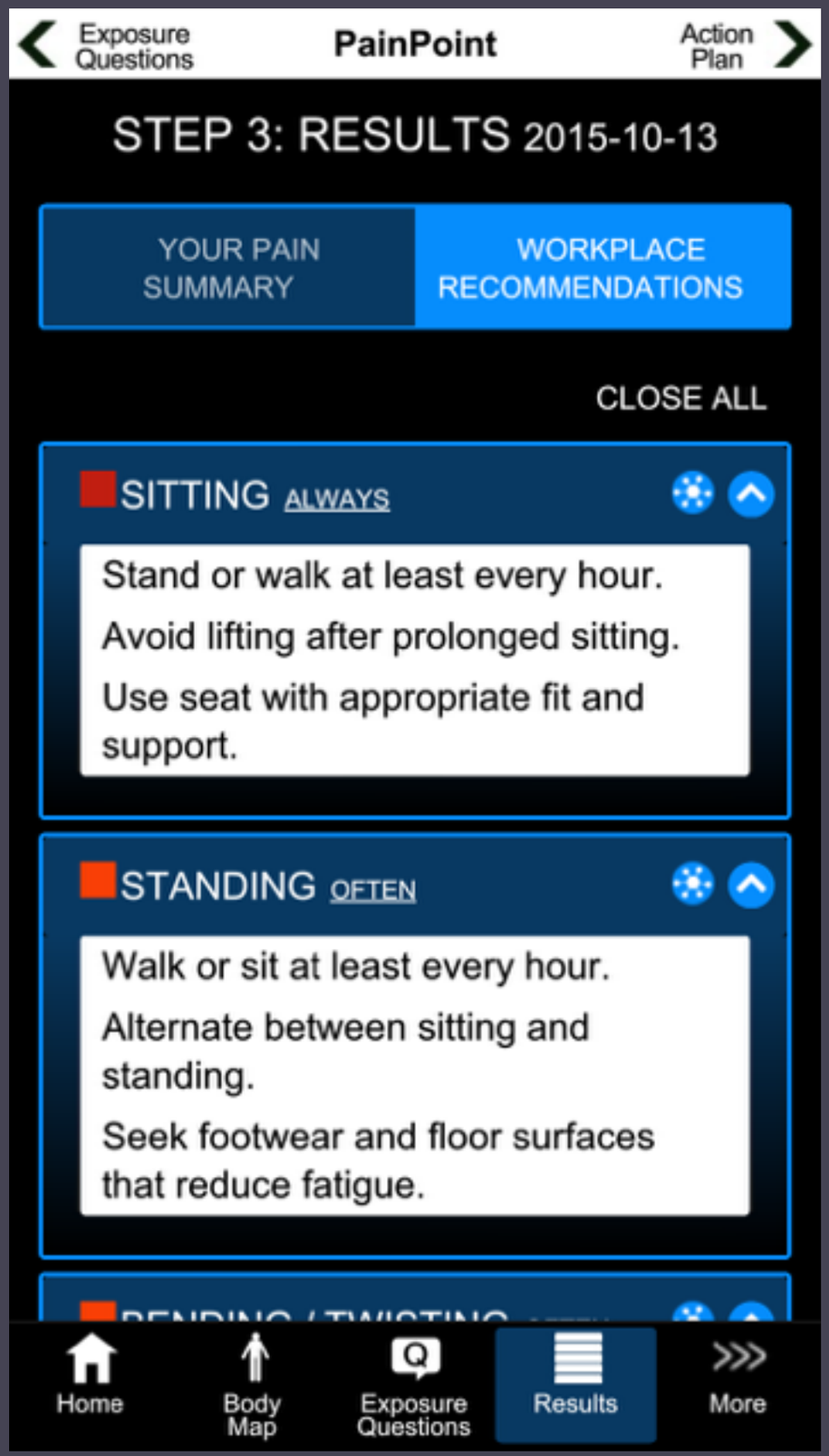
EXPOSURE QUESTIONS

- Ask a series of exposure questions
- Includes prolonged sitting, lifting, pushing, use of vibrating tools, etc.
- Based on research from Washington State and CRE-MSD
- Attempts to raise awareness about workplace tasks



RECOMMENDATIONS

- Provides recommendations base on exposure responses
- 3 general recommendations for each type of exposure
- Goal is to give practical advise for workers in order to take action

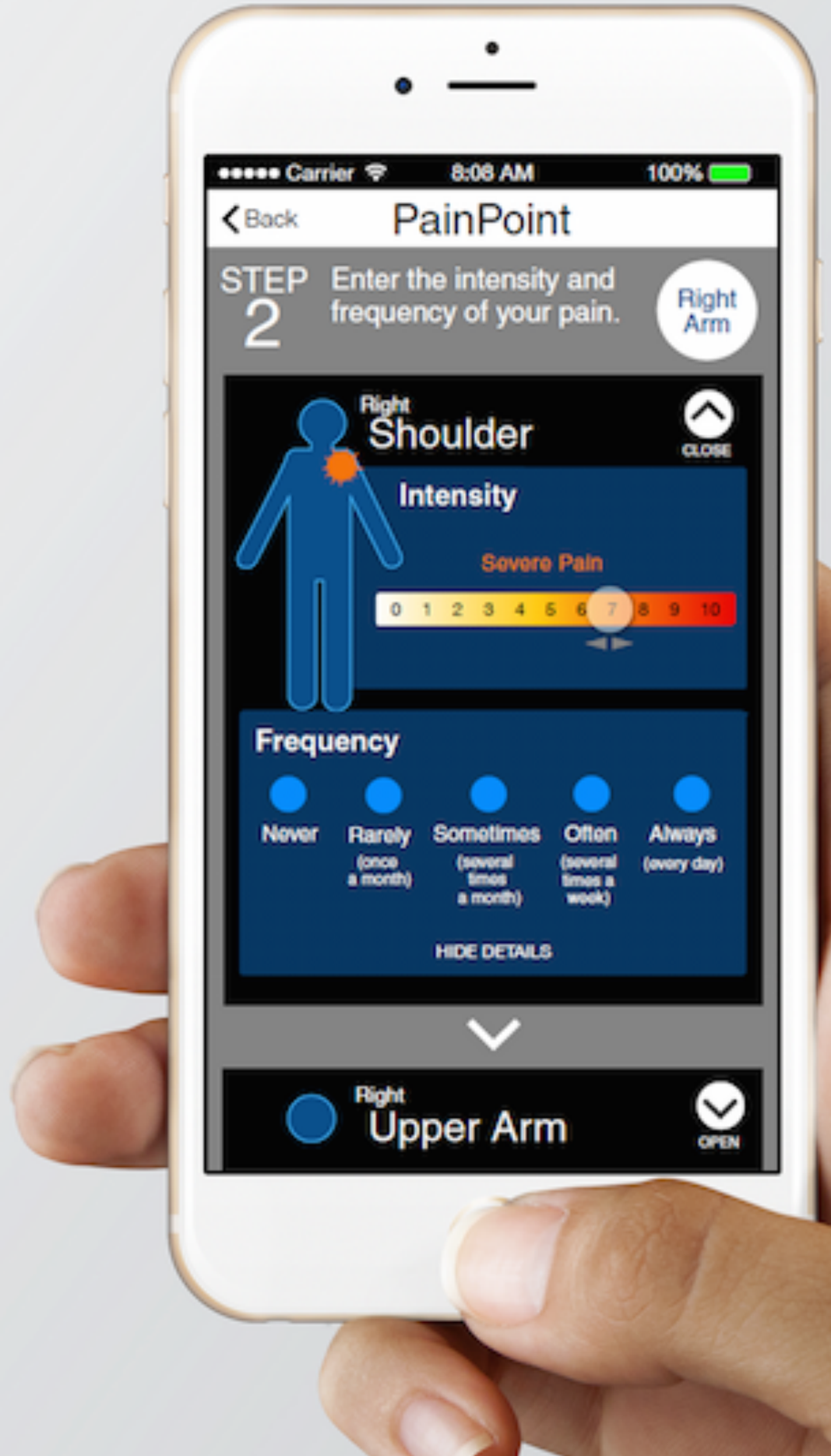


PAINPOINT

Available on the App Store

GET IT ON Google play

Get it at BlackBerry World



Work shouldn't hurt

October is Global Ergonomics Month.