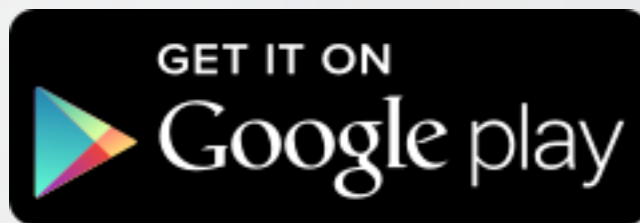
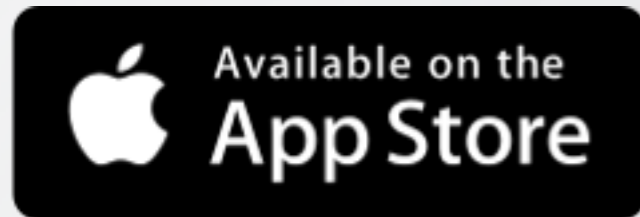
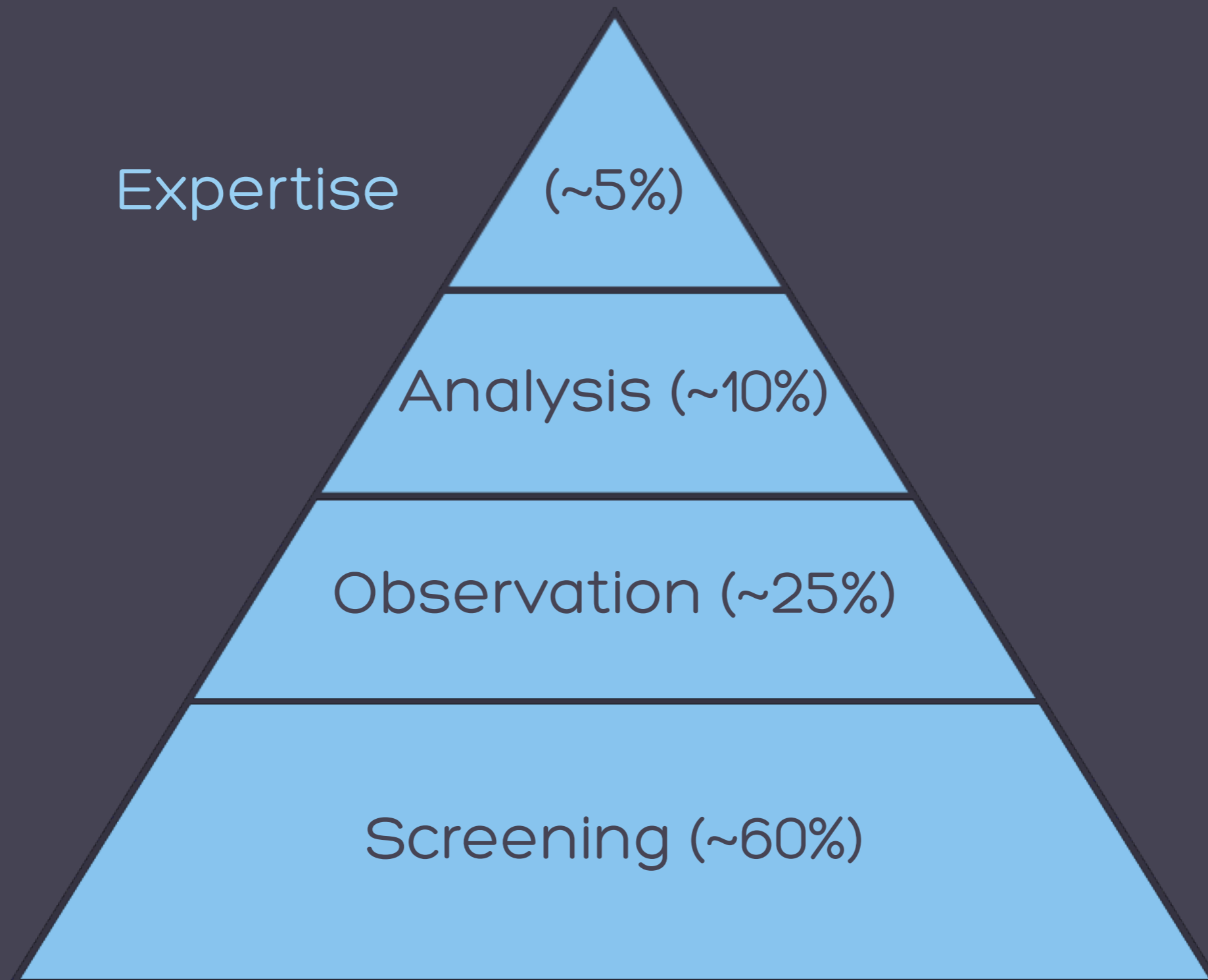


# PAINPOINT

Prevent Work Injury



Curtis VanderGriendt, CCPE



Expertise

(~5%)

Analysis (~10%)

Observation (~25%)

Screening (~60%)

# BASIS FOR THE APP



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

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International Journal of

**Industrial  
Ergonomics**

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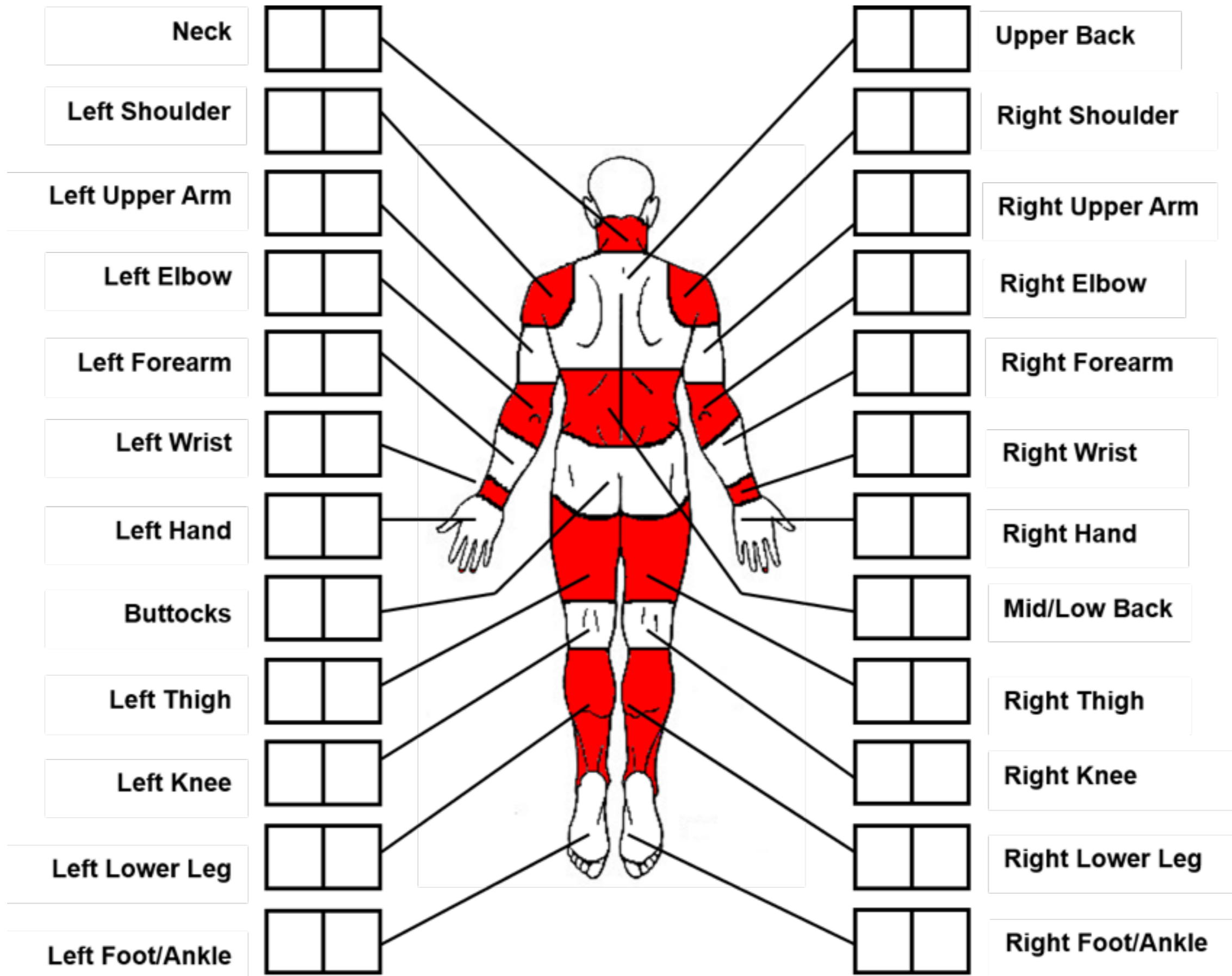
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## An improved musculoskeletal discomfort assessment tool

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Received 15 June 1994; revised 15 September 1994



# OH-COW DISCOMFORT SURVEY TOOL

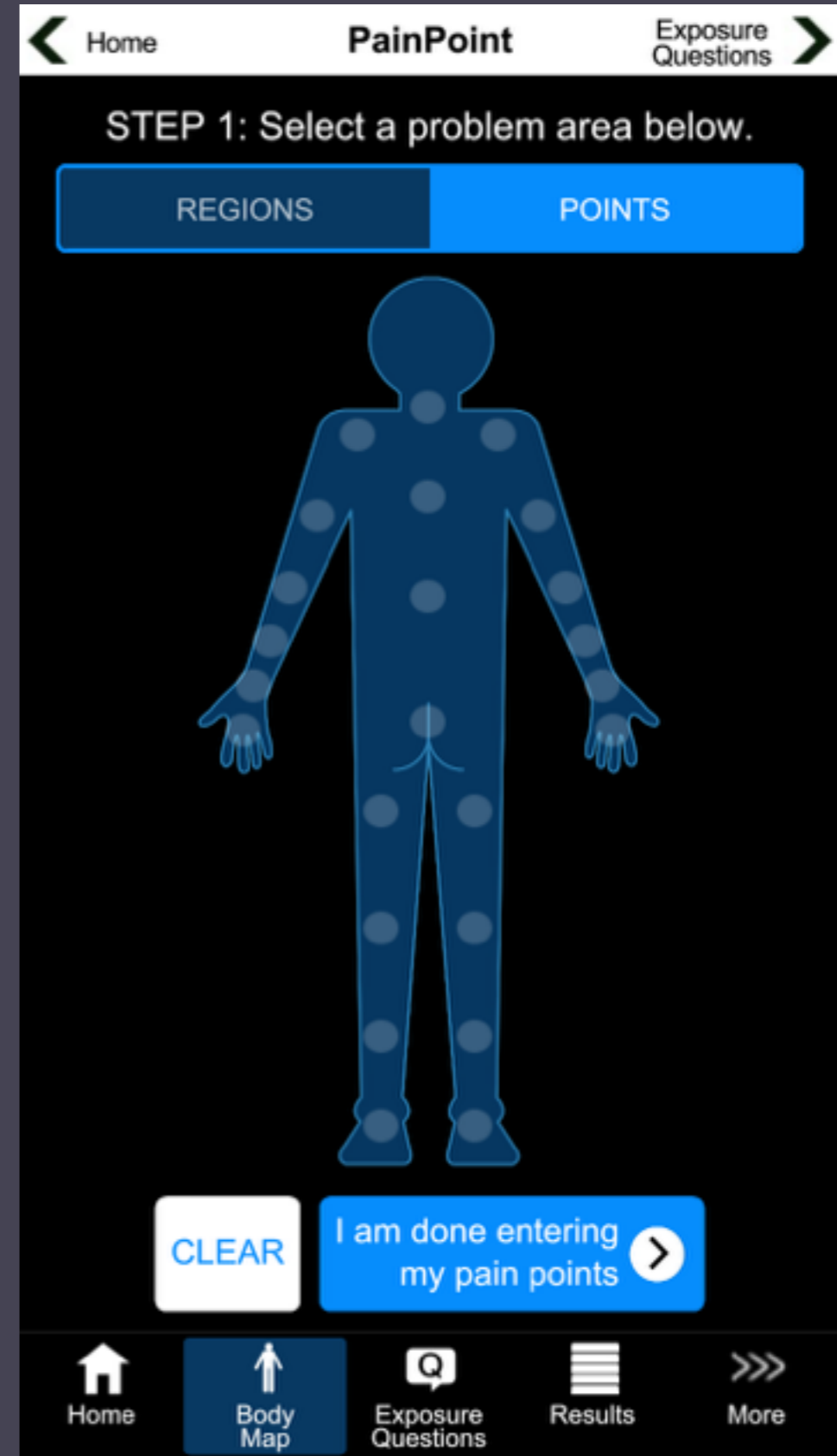
F17		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y
1	enter group name here (type over)		ID number:																							
2	department:																									
3	line:																									
4	job:																									
5	age category:																									
6	sex:																									
7	right or left handed:																									
8	NECK		<input type="checkbox"/>	<input type="checkbox"/>																						
9	LEFT SHOULDER		<input type="checkbox"/>	<input type="checkbox"/>																						
10	LEFT UPPER ARM		<input type="checkbox"/>	<input type="checkbox"/>																						
11	LEFT ELBOW		<input type="checkbox"/>	<input type="checkbox"/>																						
12	LEFT FOREARM		<input type="checkbox"/>	<input type="checkbox"/>																						
13	LEFT WRIST		<input type="checkbox"/>	<input type="checkbox"/>																						
14	LEFT HAND		<input type="checkbox"/>	<input type="checkbox"/>																						
15	BUTTOCKS		<input type="checkbox"/>	<input type="checkbox"/>																						
16																										



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

The screenshot shows the 'PainPoint' app interface. At the top, there are navigation options: 'Body Map' (left), 'PainPoint' (center), and 'Results' (right). The main heading is 'STEP 2: Answer the following Exposure Questions'. Below this is a blue banner with the text 'How often do you:'. The app displays five questions, each with five radio button options: 'Never', 'Rarely', 'Sometimes', 'Often', and 'Always'. The questions are: 1. 'Sit for prolonged periods of time?' 2. 'Stand for prolonged periods of time with infrequent walking?' 3. 'Bend forward or twist your back with few pauses?' 4. 'Lift heavy loads (e.g. objects, tools or people)?' 5. 'Carry heavy loads more than a few steps?'. At the bottom, there is a navigation bar with five icons: 'Home' (house), 'Body Map' (person), 'Exposure Questions' (speech bubble with question mark), 'Results' (list), and 'More' (three arrows).

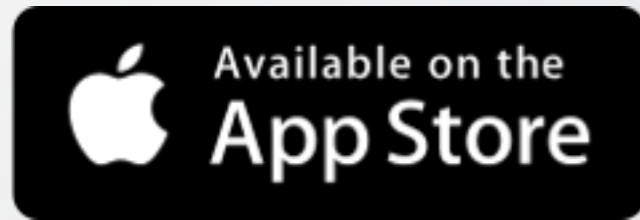


# RECOMMENDATIONS

- 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

The screenshot displays the 'PainPoint' app interface. At the top, there are navigation options: 'Exposure Questions' (left), 'PainPoint' (center), and 'Action Plan' (right). The main heading is 'STEP 3: RESULTS 2015-10-13'. Below this, there are two tabs: 'YOUR PAIN SUMMARY' and 'WORKPLACE RECOMMENDATIONS', with the latter being selected. A 'CLOSE ALL' button is located to the right of the recommendations. The recommendations are presented in a list of cards. The first card is for 'SITTING ALWAYS' and contains the text: 'Stand or walk at least every hour. Avoid lifting after prolonged sitting. Use seat with appropriate fit and support.' The second card is for 'STANDING OFTEN' and contains the text: 'Walk or sit at least every hour. Alternate between sitting and standing. Seek footwear and floor surfaces that reduce fatigue.' A third card for 'BENDING / TWISTING' is partially visible at the bottom. At the very bottom of the screen is a navigation bar with icons for 'Home', 'Body Map', 'Exposure Questions', 'Results' (which is highlighted), and 'More'.

# PAINPOINT



**Work**  
**shouldn't**  
**hurt**

October is Global  
Ergonomics Month.