

# “MAPPING” HEALTH AND SAFETY PROBLEMS

What is hurting workers on the job?

Can you use “mapping” to identify health and safety problems at work?

Read this fact sheet to learn more!



## What is mapping?

Mapping is a way for workers to get information about health and safety problems at work. Many times workers do not know why they get hurt or sick on the job. By drawing maps, or “mapping,” workers can learn to:

- Recognize safety and health hazards (problems),
- Learn how these hazards affect their safety and health, and
- Make plans to reduce or get rid of these hazards.

Mapping is useful because:

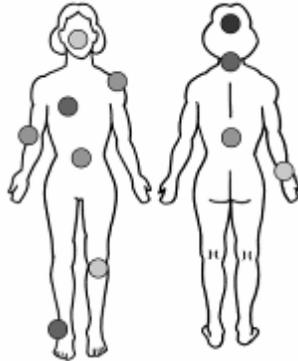
- Workers do not have to read or write to draw a map,
- Workers learn that other workers have the same kinds of problems, and
- Workers can share their maps and come up with solutions together.

## Are there different types of maps?

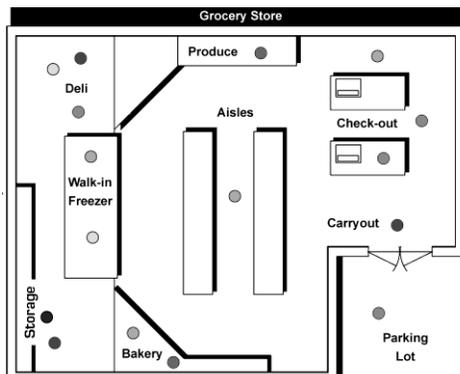
There are two kinds of maps that workers can draw.



1. **Body Maps:** A body map is a picture that shows what part(s) of a worker’s body are getting hurt, sick or stressed by their job. Unions and workers can use body maps to find out what injuries or illnesses workers have in common.



2. **Hazard Maps:** A hazard map shows where there are health and safety problems at work. These problems make workers sick, injured or stressed. By knowing where the hazards are in the workplace, workers and unions can try to correct them.



## BODY MAPPING

It is best to do body mapping with people who work together on the same job or in the same department.

Then the body map will show a picture of the injuries, illnesses and stresses of workers on that job or in that department.



**You need these materials to make a body map:**

- Flip chart paper
- Markers
- “Sticky dots” in 7 different colors
- Tape
- “Color Code for Body Mapping” (on page 6 of this factsheet)

## **How to Lead Body Mapping**

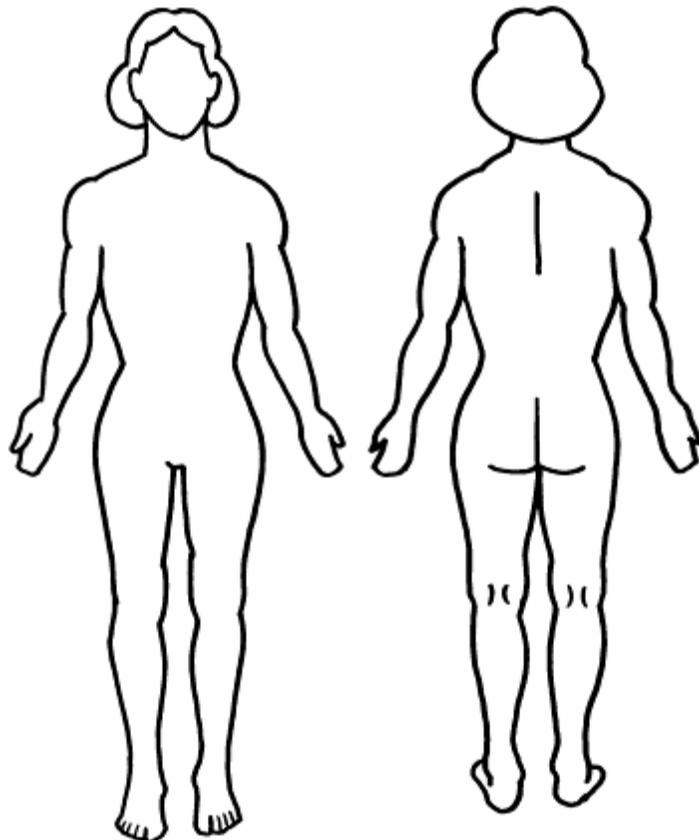
Explain to everyone that they are going to make a body map and that a body map is a picture that shows what part(s) of a worker’s body are getting hurt, sick or stressed by their job.

Put everyone into small groups of four to six people. Ask each small group to gather around a table.

Give each group these things:

- A piece of flip chart paper
- A marker
- A set of “sticky dots” in 7 different colors
- “Color Code for Body Mapping”

Ask each group to find someone who likes to draw. That person should draw a large outline of a body on the flip chart paper using the marker. They can draw a “front” side and a “back” side of the body if they want.



Read the “Color Code for Body Mapping” to the group. This handout explains which color dot stands for each kind of injury, illness or stress.



Ask each person to think about problems at their work that cause them to get hurt, sick or stressed. Tell them to put the correct colored dots on the body parts that are affected. For example, a worker who gets sick from a chemical could put a dark green dot near the nose, where the chemical was breathed in. Or they could put the dot on the lungs if the lungs were affected. For occupational stress, some workers could put a yellow dot on the body's head or neck/shoulder if they feel pain there. Others could put the dot on the stomach to show stomachaches.

Explain to the groups that their body map should only show the injuries, illnesses and stresses of workers in their group.

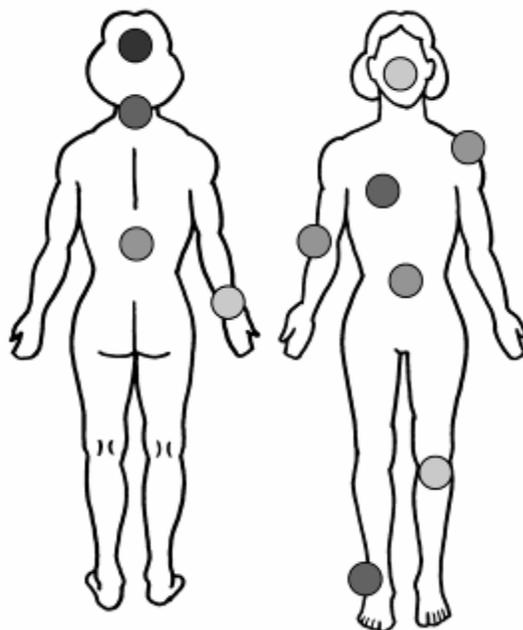
Give the groups 10 minutes to draw their body maps and put the dots on the affected body parts.

After 10 minutes, ask each group to tape their map to a wall where everyone can see it. Ask someone from each group to explain their body map.

Ask the workers to find the most common injuries and illnesses that are on the body maps.

Remind everyone that each dot is caused by a hazard or problem in the workplace that needs to be fixed. The next step is to find out what these problems are so that someone can make a plan to correct them.

## Color Code for Body Mapping



### Dot Color

### Injury, Illness or Contact with Something

Red

If you have been in contact with somebody else’s blood (splashed by blood; stuck by a needle) or body fluid

Orange

If you have hurt your back or some other part of your body from doing the same thing over and over again (ergonomic injury)

Yellow

If you have felt stress or gotten sick from stress

Dark Blue

If you have been hurt physically or emotionally by violence in your workplace

Dark Green

If you have had contact with dangerous chemicals, or gotten sick from them

Light Green

For all other health problems caused by your work, such as skin rash, sinus infection, asthma, hearing loss, or cancer

Light Blue

For all other injuries caused by your work, such as bruises, broken bones, eye injuries, or electric shock

## HAZARD MAPPING

It is best to do hazard mapping with workers who work together on the same job or in the same department.

If you do this, the hazard map will give you a picture of where the safety and health problems are on that job or in that department.



You need these materials to make a hazard map:

- Flip chart paper
- Markers
- “Sticky dots” in 6 different colors
- Tape
- “Color Code for Hazard Mapping” (on page 10 of this factsheet)

Explain to everyone that they are going to make a hazard map. A hazard map shows where there are health and safety problems at work.

## How to Lead Hazard Mapping

Divide everyone into small groups with others who do the same job or work in the same department. Ask each group to gather around a table.

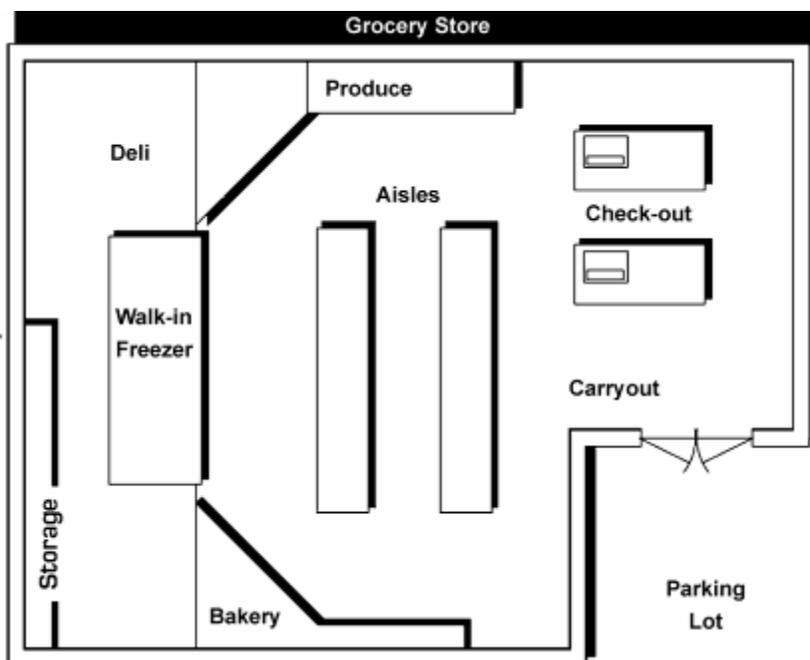
Give each group these things:

- A piece of flip chart paper
- A marker
- A set of “sticky dots” in 6 different colors
- “Color Code for Hazard Mapping”

Ask each group to find someone who likes to draw. That person should draw a picture of their work area including machinery, equipment, workstations, furniture, storage areas, doors and windows.

Then ask the groups to think about the hazards that cause workers to get hurt, sick or stressed on the job. Read the “Color Code for Hazard Mapping” to the group. Ask the workers to use the colored sticky dots to show where these hazards are on their map. Everyone in the group should talk it over as they put the dots on the map.

Give the groups 10 - 15 minutes to draw hazard maps and put the dots on the dangerous work areas. Then have each group tape their map to a wall where everyone can see it.

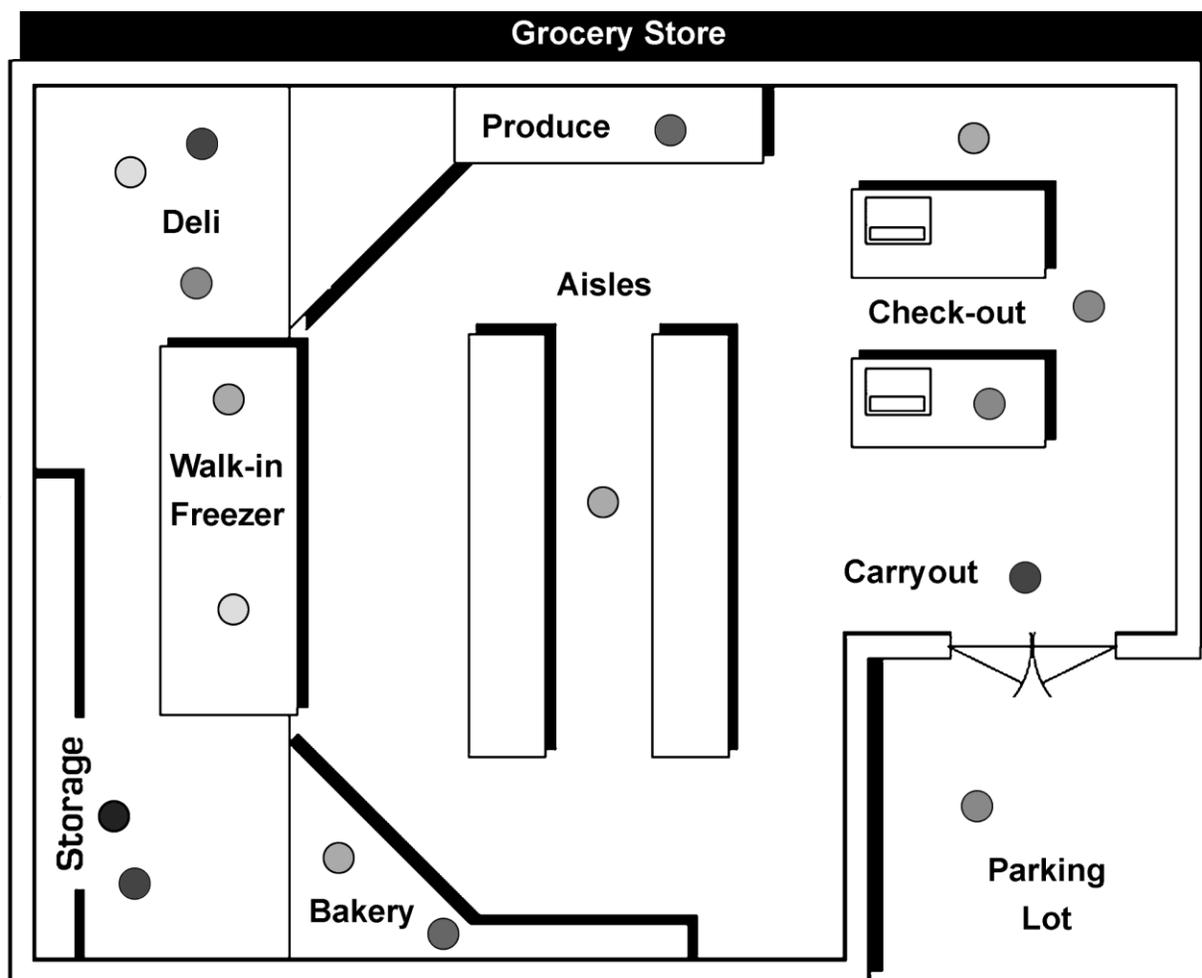


## Locate the Hazards

Ask someone from each group to explain the different types of hazards that are marked on their hazard map.

After each group has explained their map, ask these questions:

- What are the biggest health and safety problems for workers?
- Where are most people hurt on the job?
- Where have there been changes in a job that makes the job more dangerous?



Ask the workers how they would decide which hazard should be fixed first.

Explain that when a specific hazard gets fixed at the workplace, workers can remove its colored “sticky dot” from the map. If new hazards are found, the workers can add more “sticky dots” to the map. By doing this, workers can see if health and safety problems are being corrected at their workplace.

## Color Code for Hazard Mapping

<b>Dot Color</b>	<b>Hazard (problem)</b>
Red	Areas or jobs at your work that put you in contact with “biological dangers” such as blood, mold, fungus, or a contagious disease (a disease that you can catch from somebody else)
Orange	Areas or jobs at your workplace that hurt your back or another part of your body, because you do the same thing over and over again (“ergonomic hazards”)
Yellow	Areas or jobs that give you stress, or problems with how your job is managed (like not enough staff, problems with too much work or having to do it too fast, forced overtime, shift work, having to meet production quotas, harassment, violence)
Dark Blue	Areas or jobs that put you in contact with “physical hazards” such as noise, vibration, radiation, poor lighting, lack of ventilation, very high temperatures, or very low temperatures
Green	Areas or jobs that put you in contact with “chemical hazards” such as solvents, asbestos, silica, latex, formaldehyde, cleaning chemicals, metal dust, diesel fumes, copier or printer fumes
Light Blue	Areas or jobs that put you in contact with “safety hazards” such as unguarded or unsafe machines or equipment, confined spaces, electrical hazards, fall hazards, slippery floors (also use light blue dots if workers have not received enough job training)

This material was produced under grant number SH-248783-1-6 0-F-37 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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