

Body Mapping Workshop

The aim of this session was to empower Trade Union representatives to identify potential symptoms of stress amongst groups of workers using body mapping techniques. Divided into small groups and using the PCS research as a model, participants took part in a practical session of body mapping. The session was concluded by an open discussion including that of the effects of stress on workers and TU representatives.

During the introduction the TUC website was explored and shown to be a very effective tool for safety representatives.

These included Barefoot research:

<http://www.tuc.org.uk/workplace/index.cfm?mins=127&minors=124&majorsubjectid=2>

and body mapping at the PCS site

http://pcs.org.uk/en/resources/health_and_safety/health_and_safety_reps_toolkits/body-mapping.cfm

Extensive material was provided which could be taken away, read and copied as appropriate. These could be easily used in the workplace and provide a graphic representation of the injuries or bodily stress areas which a particular

The group body maps did show significant similarity in that they showed up problems with wrist, shoulders and lower back. In terms of occupation the group was very homogeneous in that they were almost exclusively office workers and call centre workers although there were a few frontline health service workers.

A discussion followed about the use of these in the workplace. In particular it did provide a low tech (cost!) solution to obtaining fairly complex information together in a simple yet usable form to persuade managers to take the issue seriously. The discussion did widen up to include a consideration of serious mental health issues. It was felt by some that mental health issues were very serious and group members mused as to whether a similar system could be devised for mental health issues at work.

