Body mapping can unearth the health hazards in your workplace.

Body mapping can be a useful tool for identifying health hazards in the workplace. It involves mapping physical symptoms and the location of injuries or health problems that are related to specific jobs or tasks. This mapping can help employers understand the specific risks associated with different jobs and take steps to prevent injuries or illnesses.

Detective work clues to some workplace health problems and possible causes are shown around the body list, remembering that the list is not comprehensive and body mapping can also identify new problems — believe what your workmates and your bodies tell you!

Central nervous system: Dizziness, memory loss, loss of co-ordination, depression, brain damage, dementia (Alzheimer's, Parkinson's, striated paralysis), sleep disturbances, headaches (migraine, tension headaches), ringing in the ears, tinnitus.

Mouth and jaw: Bleeding gums/teeth (caused by stress, smoking, tobacco, alcohol), poor teeth, bad breath, bad taste, mouth ulcers (glutaraldehyde).

Neck and back: Soreness, pain, stiffness, loss of mobility (joint injuries, accidents, stress, poor posture, driving, excessive movement, poor job design, repetitive movements, excessive lifting, poor lighting, inadequate tools). Other breathing disorders: chromium, lead, asbestos, Silicone, dusts, fumes, organic dust toxic syndrome (ODTS). Central nervous system: others: Parkinsonism (manganese, OP pesticides); Alzheimer's (aluminium); impaired IQ (metals, solvents).

Arms, wrists and hands: Pain or arthralgia (arthritis or tendinitis), arthritis (fibrositis, rheumatoid arthritis), finger pain, numbness, tingling, arthritis (costochondritis, tennis elbow), carpal tunnel syndrome, weak grip, difficulty in picking up small objects.

Stomach: Ulcers (chemical irritation, physical abrasion or allergy); ulcers (Zollinger-Ellison syndrome), indigestion (gastritis, ulcers), ulcers (ulcerative colitis), gastritis (Helicobacter pylori), reflux (GERD), acid reflux, hiatus hernia, pancreatitis (cholangitis), pancreatitis, liver disease (overwork, anaemia), liver damage (overwork), jaundice (overwork).

Liver: Damage/enlarged (liver toxins, DMF: metal, including lead, cadmium, zinc, nickel, copper, mercury, lead, mercury, DMF, PCBs, ionizing radiation); liver damage (ionizing radiation); liver damage (ionizing radiation).

Kidneys: Back pain, swollen ankles, infections (Candida, mercury, lead, polio, hepatitis, botulism).

Bladder: Urinary system (e.g., cystitis, pyelonephritis, pyelonephritis, diabetes mellitus, renal failure, renal calculi, renal failure, pyelonephritis, pyelonephritis, pyelonephritis).

Skin: Itching/redness/dryness/scalyness/rash (dermatitis caused by chemical irritation, physical abrasion or allergy); ulcers (ulcerative colitis, Crohn's disease, psoriasis), boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boils, carbuncles, abscesses, boil...