

## Pain Meter – 508 Compliant Version

Graphic shows an arrow that gauges pain from minor (yellow), moderate (orange) and severe (red).

**My pain can be described as:**

**Minor** – It does not affect my ability to complete activities. It is only felt during activities, not after.

**Action** – Use this site to ensure my workstation is ergonomically correct and I am working in a neutral posture.

**Moderate** – It is persistent enough to alter my behavior and performance. I have residual pain after activities.

**Action** – Seek ergonomic consultation by calling (301) 496-3353. If pain persists after changes are made, seek medical treatment.

**Severe** – I am unable to complete activities. It is persistent during and after activities.

**Action** – Seek medical treatment by calling the Occupational Medical Service at (301) 496-4411.