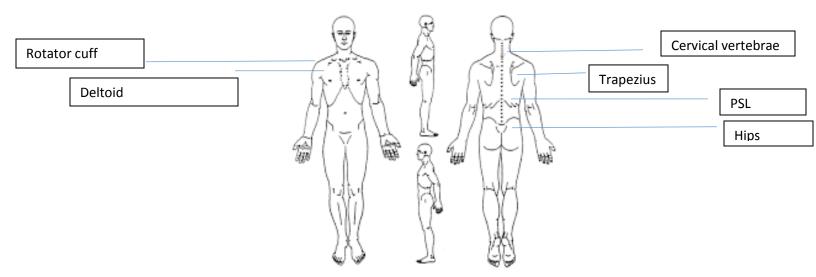
MATE Pre – Survey Worksheet

MATE



- 1. Does the employee have any prior shoulder injuries? (Y/N)
- 2. Does the employee have any prior deltoid injuries? (Y/N)
- 3. Does the employee have any prior upper back injuries (trapezius)? (Y/N)
- 4. Does the employee have a history of herniated discs (PSL injuries)? (Y/N)
- 5. Does the employee have any prior hip injuries? (Y/N)
- 6. How many hours does the employee work in a normal shift?
- 7. How many hours does the employee work in a week on average?

Please refer to diagram above to answer questions – Scale from 1 to 10 (10 being severe pain)

- 8. On a scale from 1 to 10 how much pain do you feel in your rotator cuffs after a shift of work?
- 9. On a scale from 1 to 10 how much pain do you feel in your deltoid muscles after a shift of work?
- 10. On a scale from 1 to 10 how much pain do you feel in your neck (cervical vertebrae) after a shift of work?

- 11. On a scale from 1 to 10 how much pain do you feel in your upper back (trapezius) after a shift of work?
- 12. On a scale from 1 to 10 how much pain do you feel in your lower back (PSL) after a shift of work?
- 13. On a scale from 1 to 10 how much pain do you feel in your hips after a shift of work?