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.