

# WHACS Cards: Print and Cut, then place in your pocket.

## WHACS What do you do?

-Tell me exactly what you have been doing on your job. For how long?

## How do you do it?

-Are there awkward postures? Heavy loads? Repetitive motions?

-What kinds of tools do you use?

Are you concerned about any particular exposures on or off the job?

-Did you have skin contact with any chemicals or plant materials that were irritating?

-Did you breathe any chemicals or dusts that bothered you?

-Can you wash hands before eating or smoking?

Co-workers or others with similar problems?

## Satisfied with your job?

-Are you having problems with your boss or crew chief?

-Do you get along with your co-workers?

-Are there problems with your housing?

-Are there problems at home?

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