Appendix III

Questionnaire: Detailed analysis for dancers

Part A: Job satisfaction

Dear	dancers,
------	----------

these questionnaires are part of an assessment of hazards at your workplace. The aims are to prevent or minimize health hazards in dance.

The questionnaires consist of different parts.

Please answer all questions as spontaneously as possible.

Your answers will be treated strictly confidentially and evaluated anonymously.

male	fema	le	

Please answer the questions spontaneously by ticking a box. (Tick only one box per question please).

	(rather) satisfied	neither nor	(rather) dissatisfied
Work environment – How satisfied are	you with th	e	
dance floor surface (Tanzteppich) in the ballet studio?			
subfloor in the ballet studio(s)?			
floor on the rehearsal stage (Probebühne)? If not, why not?			
floor on the stage? If not, why not?			
air conditioning/climate (humidity, temperature, draught)?			
lighting in the ballet studio(s)?			
lighting on the rehearsal stage?			
dressing rooms (Garderobe)?			
sanitary rooms (shower, toilets)?			
number of rooms?			
Organisation und information – How satisfie	d are you w	ith the	
conduct of rehearsals?			
announcing of days off?			
announcing of casts?			
announcing of daily/weekly schedules?			
announcing of changes as to casts/weekly schedules/days off?			

	(rather) satisfied	neither nor	(rather) dissatisfied			
Work-related tasks – How satisfied a	re you with					
your possibility to influence decisions directly related to your work place (e.g. choreography, dates of days off)?						
the working atmosphere?						
appreciation of your personal performance?						
further training possibilities (e.g. additional qualification, part-time studies)?						
procedures after an injury/accident (e.g. reporting an injury/accident)						
the extent to which physical limitations are taken into accout?						
the canteen/cafeteria?						
Particularly good – particularly bad Please name three work-related things you are really satisf 1. 2. 3.	ied with					
What are you really dissatisfied with? Give reasons, please	•					
In which sectors of the theatre do you think is it necessary to change, and/or improve working conditions (work-task, organization, environment)? Give details, please.						
Feel free to add further recommendations or suggestions:						

Appendix III

Questionnaire: Detailed analysis for dancers

Part B: Acute injuries/accidents at work during the recent 12 months

Dear dancers,

these questionnaires are part of an assessment of hazards at your workplace. The aims are to prevent or minimize health hazards in dance.

The questionnaires consist of different parts.

Please answer all questions as spontaneously as possible.

Your answers will be treated strictly confidentially and evaluated anonymously. Please tick one box for each single acute injury/accident sustained during the recent 12 months.

Aspects of acute injury/accident	Injury no.:				
	1.	2.	3.	4.	5.
Which month did the injury	/accide	nt happ	en?		
January					
February					
March					
April					
May					
June					
July					
August					
September					
October					
November					
December					
At what time of day did the inju	ıry/acci	dent ha	ppen?		
06:00 – 08:00 hrs					
08:00 – 10:00 hrs					
10:00 – 12:00 hrs					
12:00 – 14:00 hrs					
14:00 – 16:00 hrs					
16:00 – 18:00 hrs					
18:00 – 20:00 hrs					
20:00 – 22:00 hrs					

Aspects of acute injury/accident	Injury no.:				
	1.	2.	3.	4.	5.
At what time of day did the inju	ry/acci	dent ha	ppen?		
22:00 – 24:00 hrs					
later					
Where did it happen (locat	ion of a	ccident)?		
ballet studio					
hallway/stairs					
shower/changing rooms					
stage					
rehearsal stage					
others/which?					
Localisation of i	njury?				
head					
shoulder girdle/shoulder					
upper arm/elbow					
wrist/hand					
trunk/spine					
hip/pelvis					
upperthigh					
knee joint					
lowerthigh					
ankle joint					
foot/toes					

Aspects of acute injury/accident	Injury no.:				
	1.	2.	3.	4.	5.
Injury/accident o	auses				
climate (cold/ heat)					
dance partner/fellow student					
dance floor					
props					
costume/shoes					
(difficult) choreography or movement elements					
tiredness					
lack of concentration					
pressure of time					
pressure to perform					
insufficient warm-up					
can´t tell exactly					
Work content when the injury	acciden/	it happe	ned		
class					
rehearsal					
performance					
What did you do after the injury/accider	t had ha	appened	l (behav	iour)?	
stopped working					
continued with work					
Movement performed at the time	of the i	njury/ac	cident		
jumping					
landing					

Aspects of acute injury/accident	Injury no.:				
	1.	2.	3.	4.	5.
Movement performed at the time	of the i	njury/ac	cident		
turning					
lifting/being lifted					
small dance steps					
stretching					
partner work (pas de deux)					
acrobatic movement elements (e.g. to do cartwheels etc.)					
pulling/pushing					
Which movement resulted in t	he inju	ry/accio	lent?		
twisting my ankle					
overstretching					
falling/tumbling					
twisting					
pushing					
collision (or possibly) "being bumped into"					
others/which?					
Absence from work after the inju	ry/acci	dent ha	ppened		
none					
1-3 days					
4-7 days					
1-3 weeks					
>3 weeks					

Appendix III

Questionnaire: Detailed analysis for dancers

Part C: Chronic complaints/damage during the recent 12 months

Dear dancers,

these questionnaires are part of an assessment of hazards at your workplace. The aims are to prevent or minimize health hazards in dance.

The questionnaires consist of different parts.

Please answer all questions as spontaneously as possible.

Your answers will be treated strictly confidentially and evaluated anonymously. Please tick all chronic complaints/damage sustained during the recent 12 months. Mark any new complaints with an "n".

Aspect	complaint/damage number:				nber:
	1.	2.	3.	4.	5.
How many months have you had these	e comp	laints?			
for one month					
for two months					
longer					
Are the complaints known/old o	or new	?			
old (reoccurred)					
new (n)					
When did you first notice your cor	nplain	ts?			
during or after class					
during or after a rehearsal					
during or after a performance					
on other occasions/which?					
Localisation					
head					
shoulder					
upper arm/elbow					
wrist/hand					
trunk/spine					
hip/pelvis					
upper thigh					

Aspect	complaint/damage number				ıber:
	1.	2.	3.	4.	5.
Localisation					
knee joint					
lowerthigh					
ankle joint					
foot/toes					
Type of complaint					
only painful while exercising					
motion- and load-related pain					
pain at rest					
limited mobility					
sense of stiffness					
burning pain					
crunching pain					
shooting pain					
radiating pain					
tingling sensation					
others/which?					
Confirmed diagnosis of known co	omplai	nts			
joint arthrosis/arthritis/cartilage damage					
limited joint mobility					
chronic joint instability					

Aspect	com	complaint/damage number:				
	1.	2.	3.	4.	5.	
Confirmed diagnosis of known co	ompla	ints				
meniscus damage						
spondylolisthesis (spine instablity)						
slipped disc						
chronic muscle tension/chronic blockages						
tendinopathy (tendon pain)						
tendinitis (achilles tendon)						
toe deformity						
shin pain (periostitis)						
others, which?						
not yet diagnosed complaints						
Absence from work due to complain	nts/da	mage				
none						
1-3 days						
4-7 days						
1-3 weeks						
>3 weeks						