REBA Employee Assessment Worksheet

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Step 1a: Adjust...
If neck is twisted: +1
If neck is side bending: +1

Step 2: Locate Trunk Position

Step 2a: Adjust...
If trunk is twisted: +1
If trunk is side bending: +1

Step 3: Legs

Adjust:

Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above, locate score in Table A

Step 5: Add Force/Load Score
If load < 11 lbs : +0
If load 11 to 22 lbs : +1
If load > 22 lbs : +2
Adjust: If shock or rapid build up of force: add +1

Step 6: Score A, Find Row in Table C
Add values from steps 4 & 5 to obtain Score A.
Find Row in Table C.

Scoring:

1 = negligible risk
2 or 3 = low risk, change may be needed
4 to 7 = medium risk, further investigation, change soon
8 to 10 = high risk, investigate and implement change
11+ = very high risk, implement change

Table A

<table>
<thead>
<tr>
<th>Neck</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legs</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Trunk Posture Score</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Table B

<table>
<thead>
<tr>
<th>Lower Arm</th>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wrist</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

Table C

<table>
<thead>
<tr>
<th>Score B (from Table B + coupling score)</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<td>6</td>
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<td>7</td>
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<td>7</td>
</tr>
</tbody>
</table>

Table C Score + Activity Score

Final REBA Score

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Step 7a: Adjust...
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1

Step 8: Locate Lower Arm Position:

Step 9: Locate Wrist Position:

Step 9a: Adjust...
If wrist is bent from midline or twisted : Add +1

Step 10: Look-up Posture Score in Table B
Using values from steps 7-9 above, locate score in Table B

Step 11: Add Coupling Score
Well fitting Handle and mid range power grip, good: +0
Acceptable but not ideal hand hold or coupling acceptable with another body part, fair: +1
Hand hold not acceptable but possible, poor: +2
No handles, awkward, unsafe with any body part, Unacceptable: +3

Step 12: Score B, Find Column in Table C
Add values from steps 10 & 11 to obtain Score B. Find column in Table C and match with Score A in row from step 6 to obtain Table C Score.

Step 13: Activity Score

+1 1 or more body parts are held for longer than 1 minute (static)
+1 Repeated small range actions (more than 4x per minute)
+1 Action causes rapid large range changes in postures or unstable base

Task name: ____________________________  Reviewer: ____________________________  Date: _______/_____/_____

This tool is provided without warranty. The author has provided this tool as a simple means for applying the concepts provided in REBA.

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