

## Appendix B

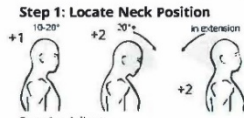


### REBA Employee Assessment Worksheet

Task Name:

Date:

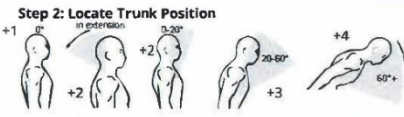
#### A. Neck, Trunk and Leg Analysis



##### Step 1: Locate Neck Position

+1  
+2  
+2

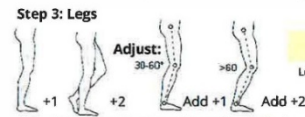
Step 1a: Adjust...  
If neck is twisted: +1  
If neck is side bending: +1



##### Step 2: Locate Trunk Position

+1  
+2  
+3  
+4

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



##### Step 3: Legs

+1  
+2  
+3  
+4

Adjust: 30-60°  
Add +1  
Add +2

##### 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 Force / Load Score

##### 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  
2-3 = Low Risk. Change may be needed.  
4-7 = Medium Risk. Further investigate. Change Soon.  
8-10 = High Risk. Investigate and Implement Change  
11+ = Very High Risk. Implement Change

**Scores**

**Table A**

	Neck												
	1				2				3				
Legs	1	2	3	4	1	2	3	4	1	2	3	4	
Trunk	1	1	2	3	4	1	2	3	4	3	3	5	6
Posture	3	2	4	5	6	4	5	6	7	5	6	7	8
Score	4	3	5	6	7	5	6	7	8	6	7	8	9
	5	4	6	7	8	6	7	8	9	7	8	9	9

**Table B**

**Lower Arm**

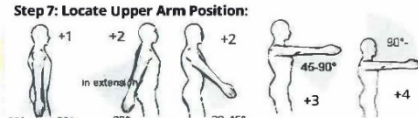
	1						2							
Wrist	1	2	3	1	2	3	1	2	3	1	2	3		
Upper Arm	1	1	2	3	2	3	4	2	1	2	3	2	3	4
Score	3	3	4	5	4	5	5	4	4	5	5	6	7	8
	5	6	7	8	7	8	8	6	7	8	8	9	9	9

**Table C**

Score A	Score B												
	1	2	3	4	5	6	7	8	9	10	11	12	
1	1	1	1	2	3	3	4	5	5	6	7	7	7
2	1	2	2	3	4	4	5	6	6	7	7	8	8
3	2	3	3	3	4	5	6	7	7	8	8	8	8
4	3	4	4	4	5	6	7	8	8	9	9	9	9
5	4	4	4	5	6	7	8	8	9	9	9	9	9
6	6	6	6	7	8	8	9	9	10	10	10	10	10
7	7	7	7	8	9	9	9	10	10	10	11	11	11
8	8	8	8	9	10	10	10	10	10	10	11	11	11
9	9	9	9	10	10	10	11	11	11	11	12	12	12
10	10	10	10	11	11	11	11	11	12	12	12	12	12
11	11	11	11	11	12	12	12	12	12	12	12	12	12
12	12	12	12	12	12	12	12	12	12	12	12	12	12

Table C Score      Activity Score      REBA Score

#### B. Arm and Wrist Analysis

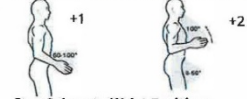


##### Step 7: Locate Upper Arm Position:

+1  
+2  
+2

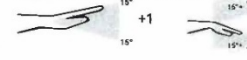
Step 7a: Adjust...  
If shoulder is raised: +1  
If upper arm is abducted: +1  
If arm is supported or person is leaning: -1

##### Step 8: Locate Lower Arm Position:



+1  
+2

##### Step 9: Locate Wrist Position:



+1  
+2

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 rang 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