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Since 2008

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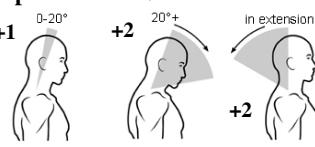
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REBA Employee Assessment Worksheet

based on Technical note: Rapid Entire Body Assessment (REBA), Hignett, McAtamney, Applied Ergonomics 31 (2000) 201-205

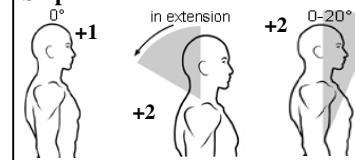
A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



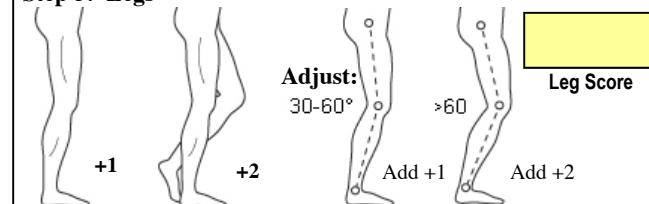
Step 1a: Adjust...
If neck is twisted: +1
If neck is side bending: +1

Step 2: Locate Trunk Position



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

Step 3: Legs



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

Neck Score

SCORES

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

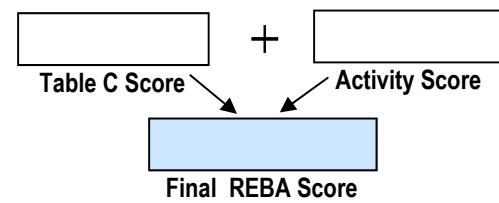
Trunk Score

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

Leg Score

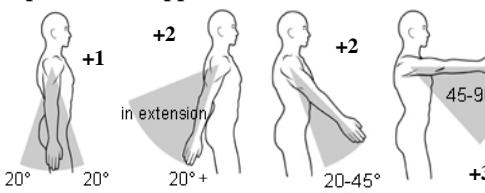
Score A (score from table A +load/force score)	Table C											
	Score B, (table B value +coupling score)											
1	2	3	4	5	6	7	8	9	10	11	12	
1	1	1	1	2	3	3	4	5	6	7	7	7
2	1	2	2	3	4	4	5	6	6	7	7	8
3	2	3	3	3	4	5	6	7	7	8	8	8
4	3	4	4	4	5	6	7	8	8	9	9	9
5	4	4	4	5	6	7	8	8	9	9	9	9
6	6	6	6	7	8	8	9	9	10	10	10	10
7	7	7	7	8	9	9	9	10	10	11	11	11
8	8	8	8	9	10	10	10	10	10	11	11	11
9	9	9	9	10	10	10	11	11	11	12	12	12
10	10	10	10	11	11	11	12	12	12	12	12	12
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

Score A

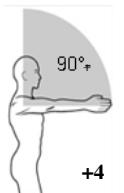


B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

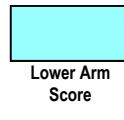
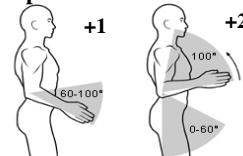


Step 7a: Adjust...
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1



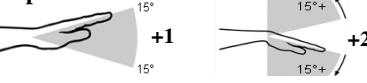
Upper Arm Score

Step 8: Locate Lower Arm Position:



Lower Arm Score

Step 9: Locate Wrist Position:



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



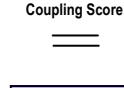
Wrist Score

Step 10: Look-up Posture Score in Table B

Using values from steps 7-9 above, locate score in Table B



Posture Score B



Score 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

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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