REBA Employee Assessment Worksheet

Task Name:  
Date:  

A. Neck, Trunk and Leg Analysis

### Step 1: Locate Neck Position

<table>
<thead>
<tr>
<th>Score</th>
<th>Neck Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>+1</td>
</tr>
<tr>
<td>2</td>
<td>+2</td>
</tr>
<tr>
<td>3</td>
<td>+2</td>
</tr>
</tbody>
</table>

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

### Step 2: Locate Trunk Position

<table>
<thead>
<tr>
<th>Score</th>
<th>Trunk Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>+1</td>
</tr>
<tr>
<td>2</td>
<td>+2</td>
</tr>
<tr>
<td>3</td>
<td>+3</td>
</tr>
</tbody>
</table>

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

### Step 3: Legs

<table>
<thead>
<tr>
<th>Score</th>
<th>Leg Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>+1</td>
</tr>
<tr>
<td>2</td>
<td>+2</td>
</tr>
<tr>
<td>3</td>
<td>+2</td>
</tr>
</tbody>
</table>

**Adjust:**
- 30-60°: +1
- >60°: +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

### 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

### Table C

<table>
<thead>
<tr>
<th>Score A</th>
<th>Score B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>11</td>
<td>9</td>
</tr>
<tr>
<td>12</td>
<td>10</td>
</tr>
</tbody>
</table>

### Score C

1 = 1  
2 = 2  
3 = 3  
4 = 4  
5 = 5  
6 = 6  
7 = 7  
8 = 8  
9 = 9  
10 = 10  
11 = 11  
12 = 12

**Table C Score + Activity Score = REBA Score**

B. Arm and Wrist Analysis

### Step 7: Locate Upper Arm Position:

**Step 7a:** Adjust...
- If shoulder is raised: +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: -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.

### Activity Score

+11 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