

Rapid Entire Body Assessment

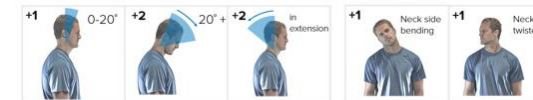
When To Use It

- When tasks have been flagged by the Job Screen
- Task-level entire body postural evaluations

REBA Data Collection

Department: _____ Job: _____ Task: _____

Neck Position



Upper Arm Position



Trunk Position



Upper Arm Adjustment



Trunk Adjustment



Lower Arm Position



Legs



Wrist Position



Wrist Adjustments



Force

< 11 lbs. 11 - 22 lbs. > 22 lbs.

Are 1 or more body parts held for longer than 1 minute (static)?

Are there repeated small range action (more than 4x per minute)?

Is there action that causes rapid large range changes in posture / unstable base?

Coupling

Good Fair Poor Unacceptable

Yes No

Yes No

Yes No

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Inputs

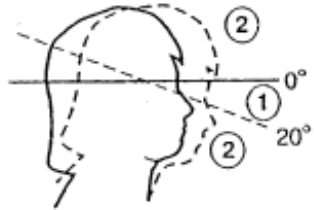
Neck, Trunk, and Leg Analysis:

- Neck
- Trunk
- Legs
- Force/Load

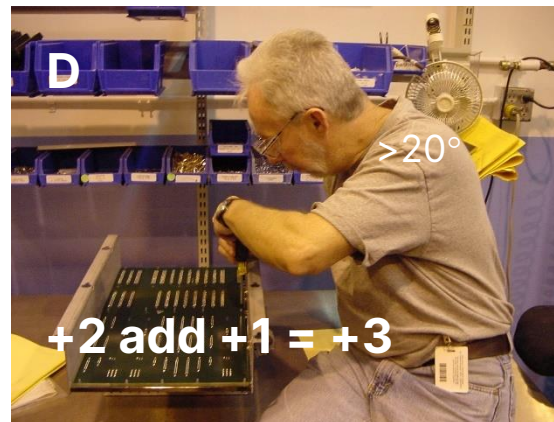
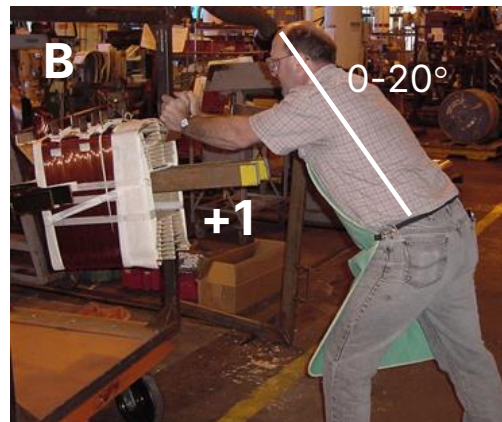
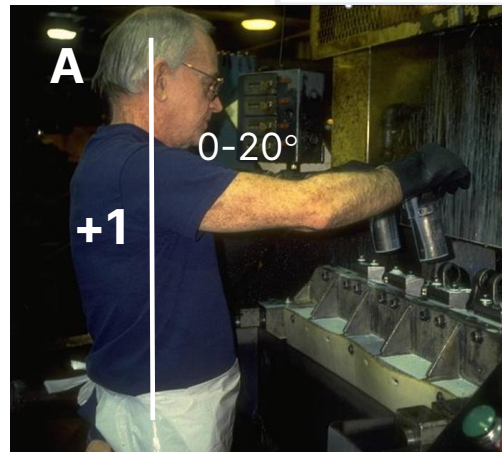
Arm and Wrist Analysis:

- Upper Arm
- Lower Arm
- Wrist Position
- Coupling
- Activity Score

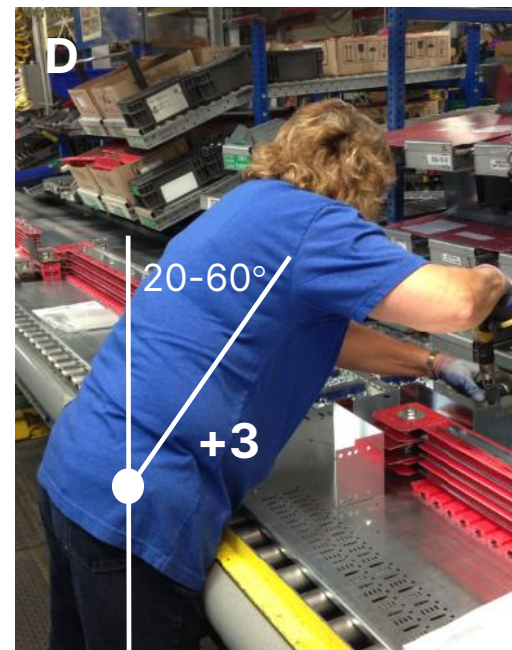
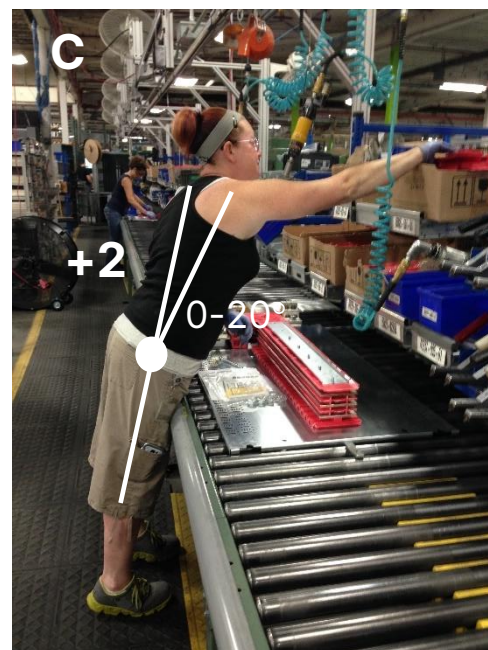
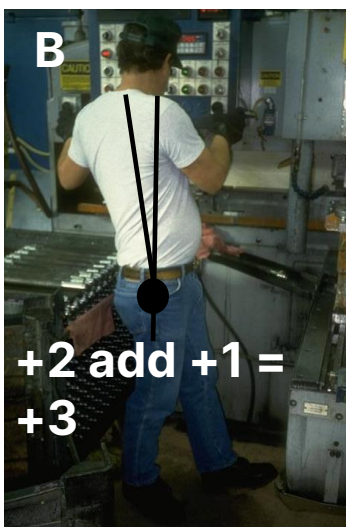
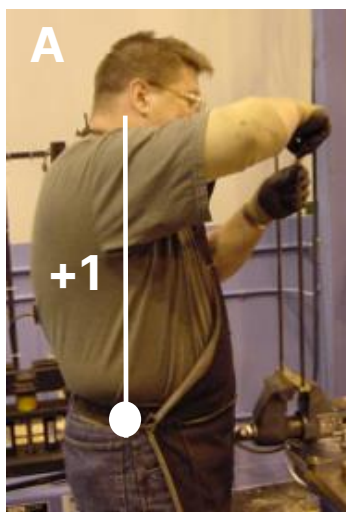
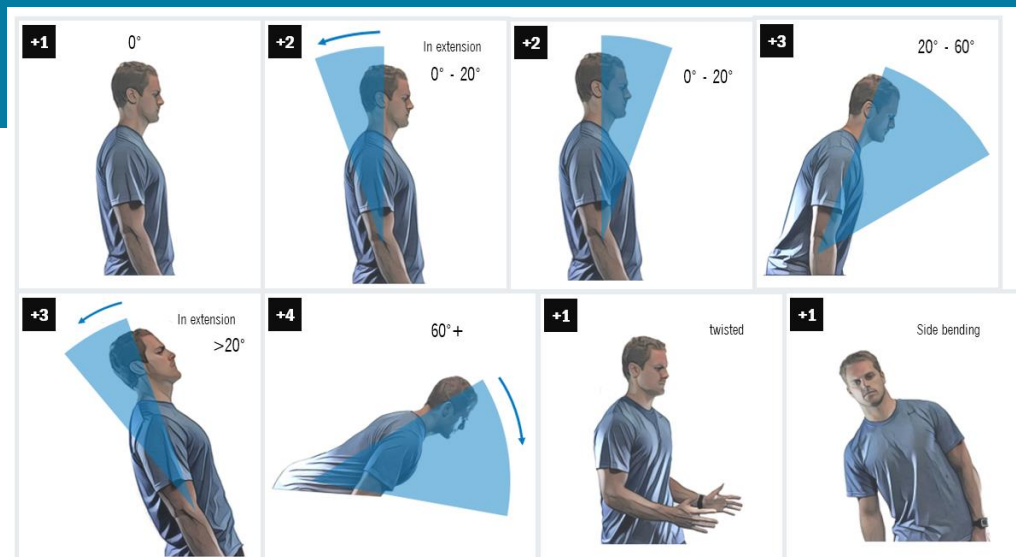
Neck Position



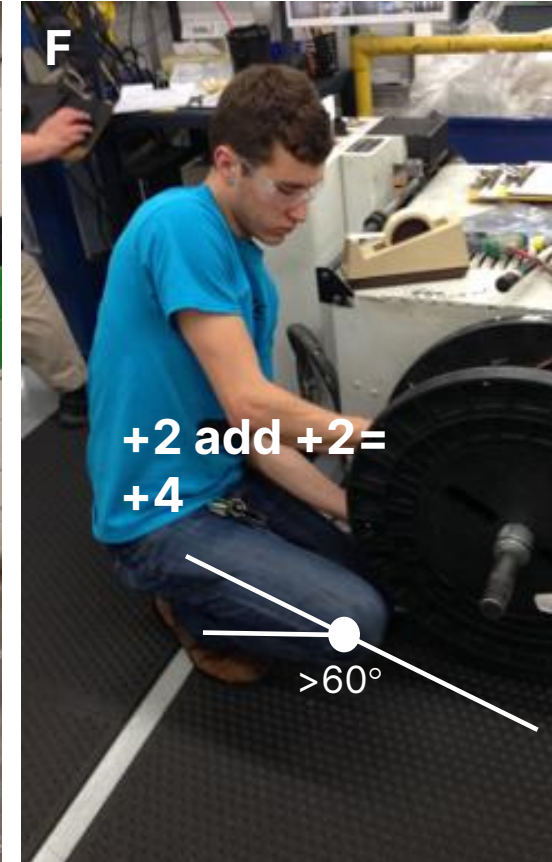
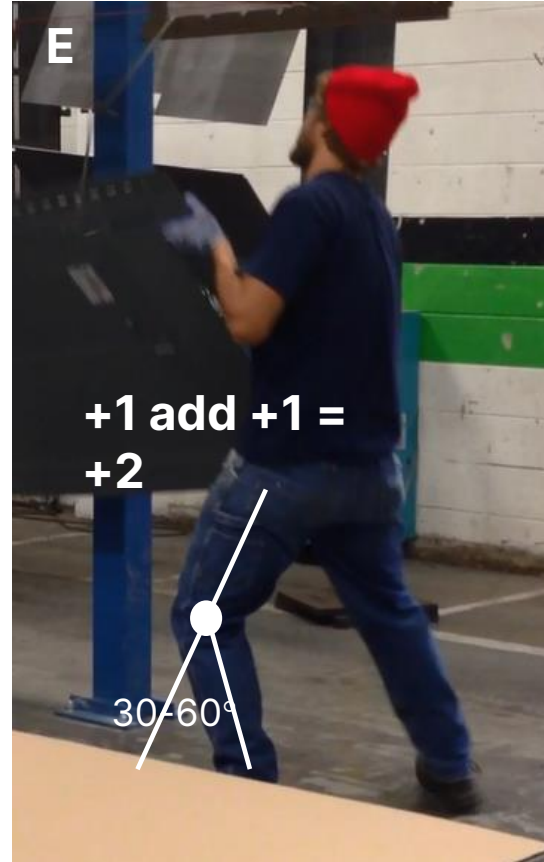
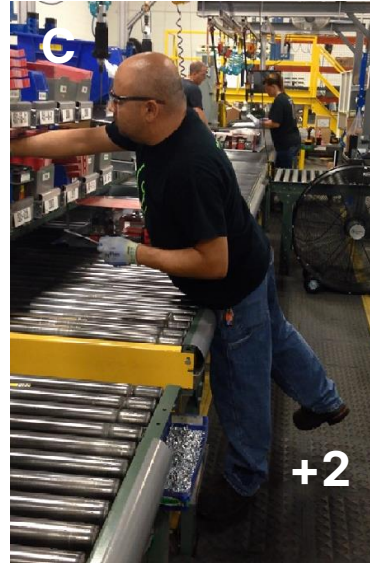
Neck position adjustment:
Add +1 - If neck is twisted or side bending



Trunk Position



Leg Position

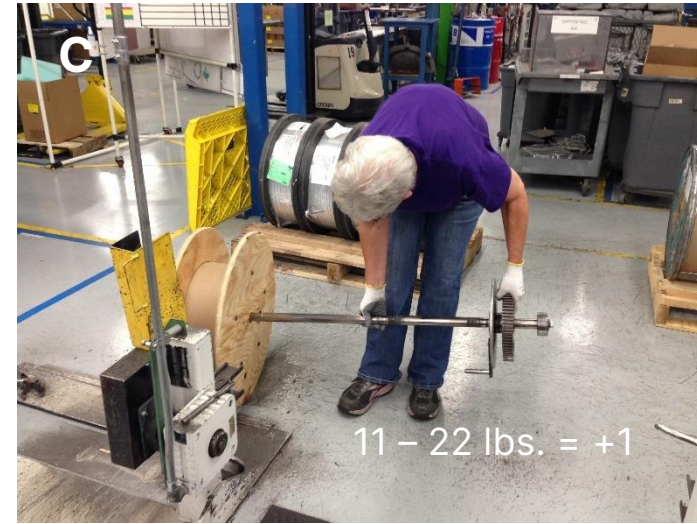


Leg position adjustment:
Add +1 - if knees 30-60° flexed
Add +2 - if knees > 60° flexed



Load/Force Score

If load < 11 lbs. = +0
If load 11 to 22 lbs. = +1
If load > 22 lbs. = +2

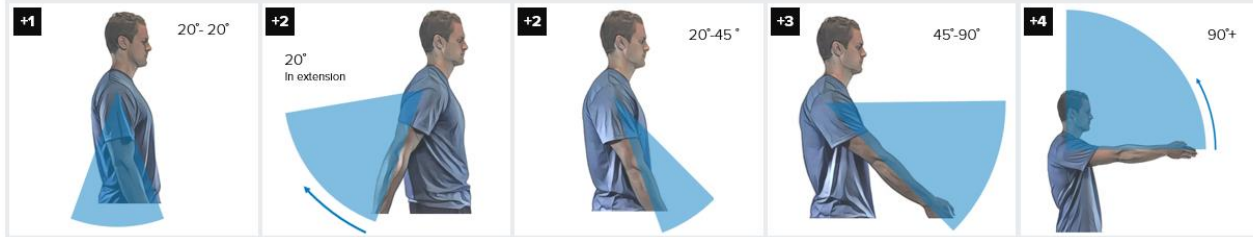


Load/Force Score

If shock, rapid build up, or sudden exertion is required by the job task being evaluated: **Add +1**



Upper Arm Position

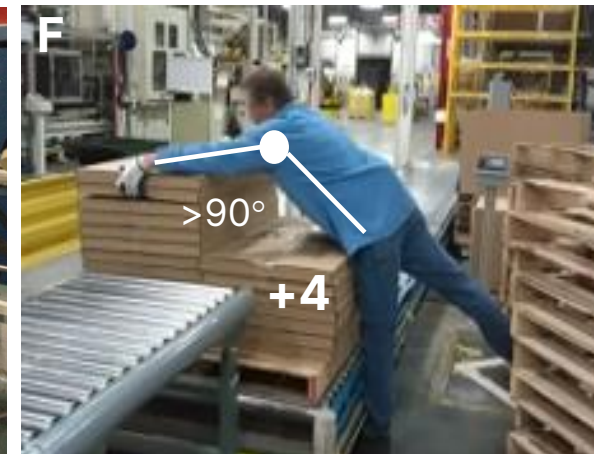
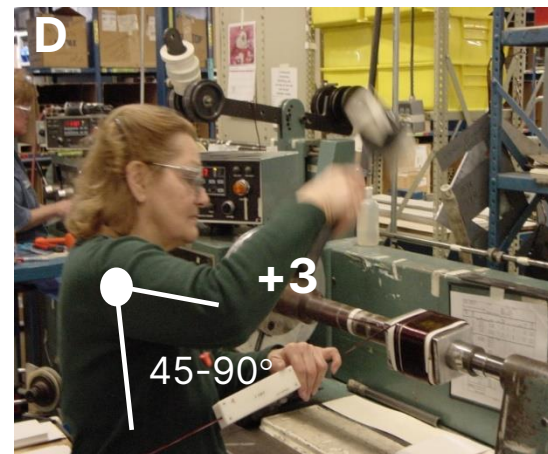
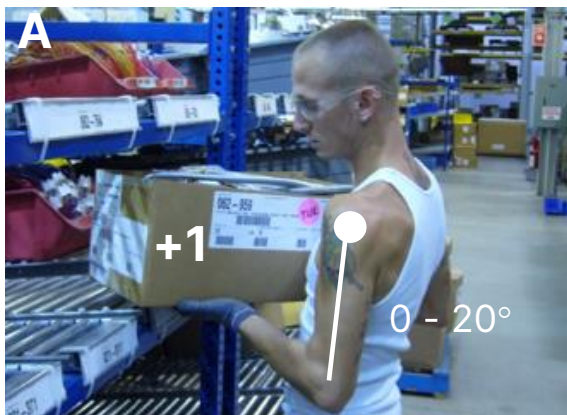


Upper Arm adjustment:

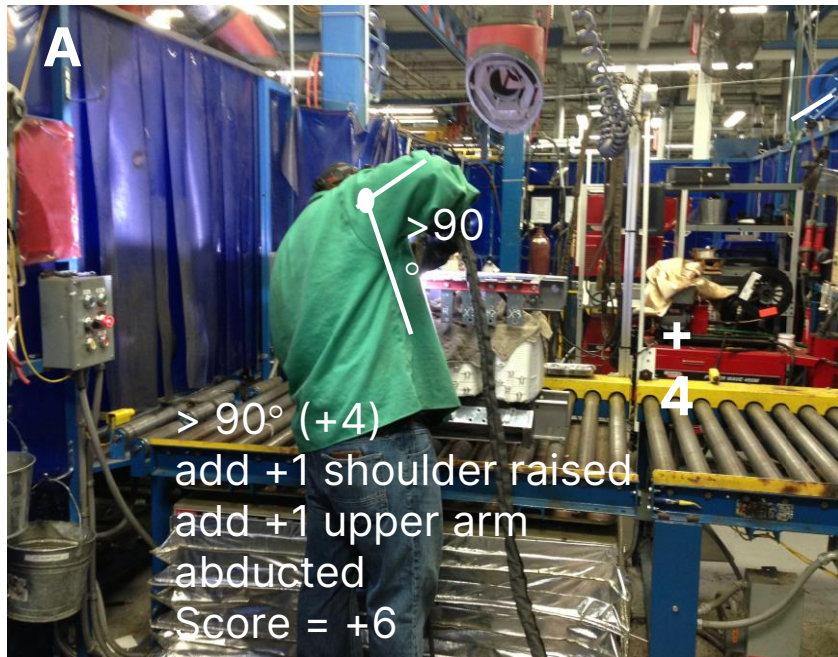
If shoulder is raised: +1

If upper arm is abducted: +1

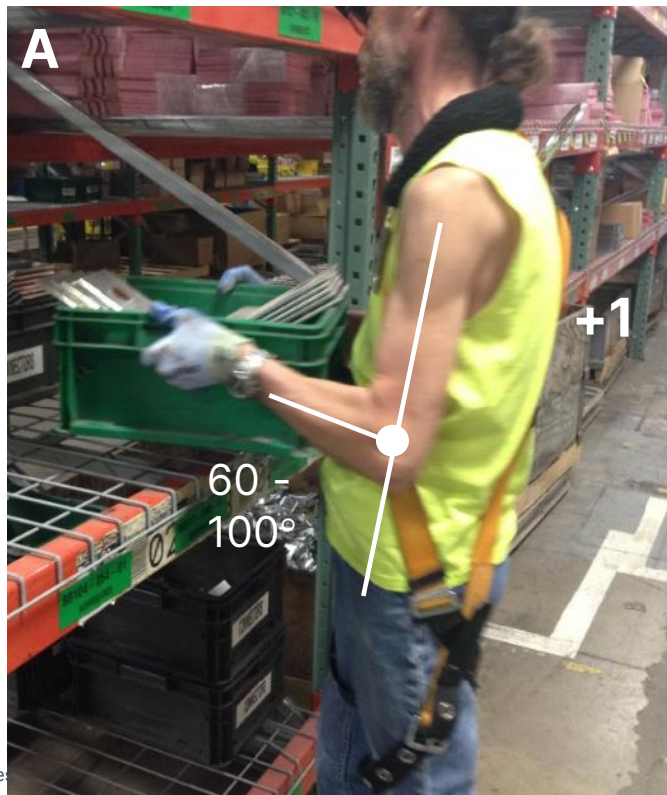
If arm is supported or person is leaning: -1



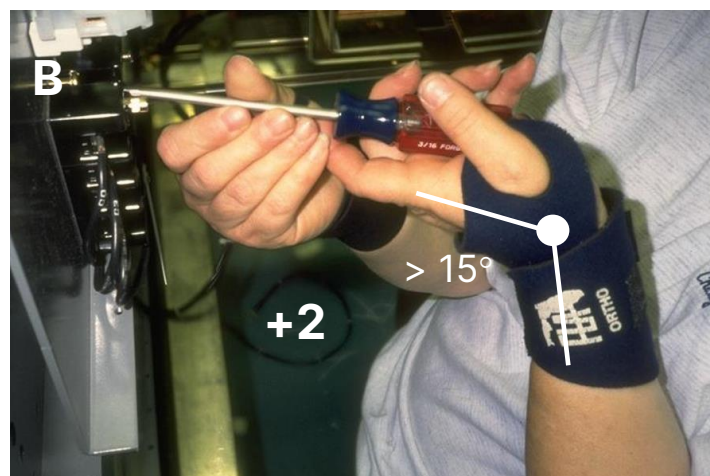
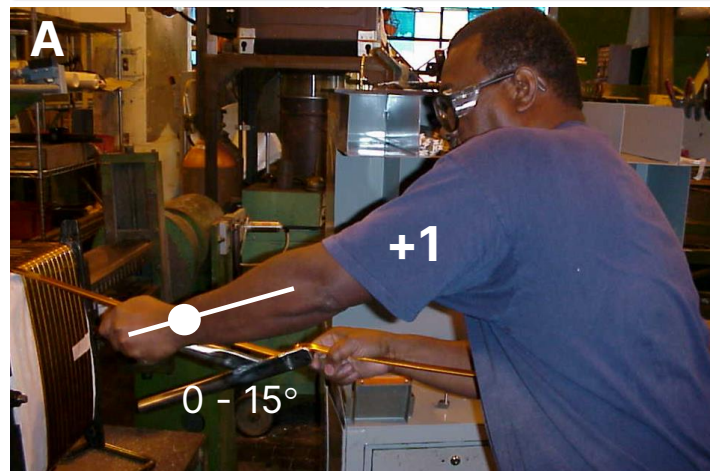
Upper Arm Position



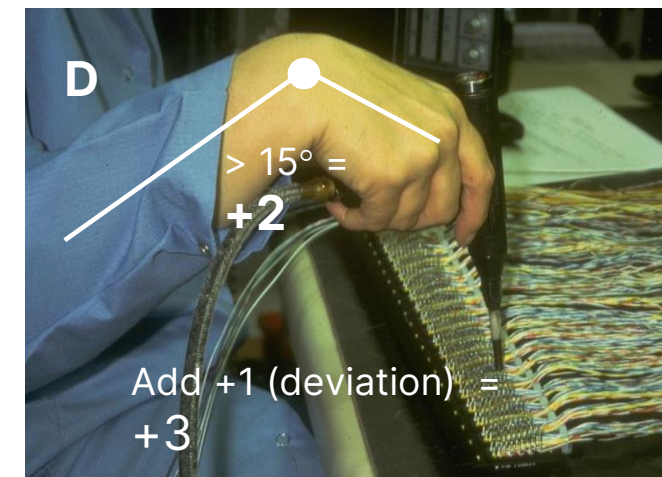
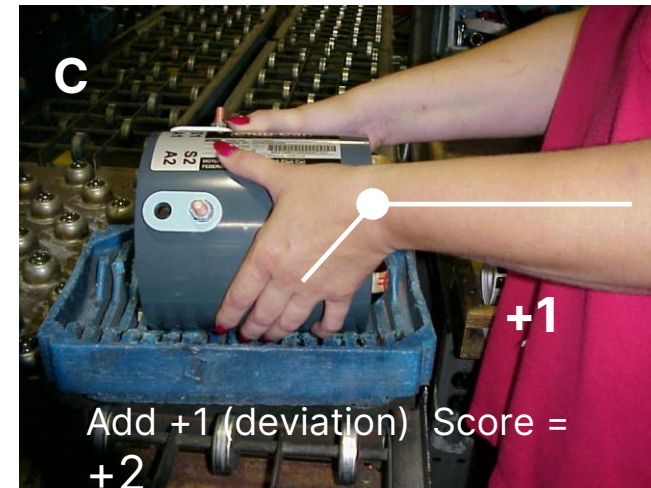
Lower Arm Position



Wrist Position



Wrist adjustment:
If wrist is deviated or twisted: +1



Coupling

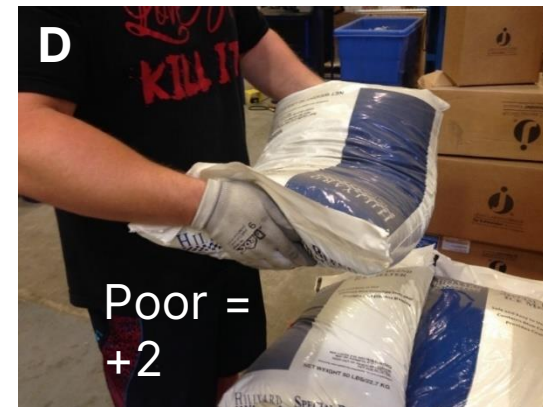
Add Coupling Score

Good - well fitting handle and mid-range power grip. Score = +0

Fair - Acceptable but not ideal hand hold or coupling acceptable with another body part. Score = +1

Poor - Hand hold not acceptable but possible. Score = +2

Unacceptable - No handles, awkward, unsafe with any body part. Score = +3



Activity Score

Activity Score:

- +1 - One 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



Outputs

The output of the REBA assessment tool is the final REBA Score, which is a single score that represents the level of MSD risk for the work task being evaluated:

Score	Level of MSD Risk
1	negligible risk, no action required
2-3	low risk, change may be needed
4-7	medium risk, further investigation, change soon
8-10	high risk, investigate and implement change
11+	very high risk, implement change

