

# REBA Employee Assessment Worksheet

based on Technical notes: 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**  
  
 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

**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

### 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: *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

Table A		Table C											
Neck		Score B, (table B value coupling score)											
		1	2	3	4	5	6	7	8	9	10	11	12
Legs	1 2 3 4	1	2	3	4	5	6	7	8	9	10	11	12
Trunk Posture Score	1	1	2	3	4	5	6	7	8	9	10	11	12
	2	2	3	4	5	6	7	8	9	10	11	12	12
	3	3	4	5	6	7	8	9	10	11	12	12	12
	4	4	5	6	7	8	9	10	11	12	12	12	12
	5	5	6	7	8	9	10	11	12	12	12	12	12

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

Table C	
Score A (score from table A + load/force score)	Score B, (table B value coupling score)
1	1 1 1 1 2 3 3 4 5 6 7 7 7 7
2	1 2 2 3 3 4 4 5 6 6 7 7 8
3	2 3 3 3 4 4 5 5 6 6 7 7 8 8
4	3 4 4 4 5 5 6 6 7 7 8 8 9 9
5	4 4 4 4 5 5 6 6 7 7 8 8 9 9 9
6	5 5 5 5 6 6 7 7 8 8 9 9 10 10 10
7	6 6 6 6 7 7 8 8 9 9 10 10 11 11 11
8	7 7 7 7 8 8 9 9 10 10 11 11 12 12 12
9	8 8 8 8 9 9 10 10 11 11 12 12 13 13 13
10	9 9 9 9 10 10 11 11 12 12 13 13 14 14 14
11	10 10 10 10 11 11 12 12 13 13 14 14 15 15 15
12	11 11 11 11 12 12 13 13 14 14 15 15 16 16 16

Final REBA Score = Table C Score + Activity Score

Gambaran risiko..., Tati Ariani, FKM UI, 2009

Task			Analyst		
<b>Group A</b>			<b>Group B</b>		
Posture/Range	Score	Total	Posture/Range	Score	Total: Left and Right
<b>Trunk</b>			<b>Upper Arms (Shoulders)</b>		L R
Upright	1	If back is twisted or tilted to side: +1	Flexion: 0-20° Extension: 0-20°	1	Arm Abducted / Rotated: +1  Shoulder Raised: +1  Arm Supported: -1
Flexion: 0-20° Extension: 0-20°	2		Flexion: 20-45° Extension: >20°	2	
Flexion: 20-60° Extension: >20°	3		Flexion: 45-90°	3	
Flexion: >60°	4		Flexion: >90°	4	
<b>Neck</b>			<b>Lower Arms (Elbows)</b>		L R
Flexion: 0-20°	1	If neck is twisted or tilted to side: +1	Flexion: 60-100°	1	No Adjustments
Flexion: >20° Extension: >20°	2		Flexion: <60° Flexion: >100°	2	
<b>Legs</b>			<b>Wrists</b>		L R
Bilateral Wt Bearing; Walk: Sit	1	Knee(s) Flexion 30-60°: +1	Flexion: 0-15° Extension: 0-15°	1	Wrist Deviated / Twisted: +1
Unilateral Wt Bearing; Unstable	2	Knee(s) Flexion >60°: +2	Flexion: >15° Extension: >15°	2	
<b>Score from Table A</b>			<b>Score from Table B</b>		L R
<b>Load / Force</b>			<b>Coupling</b>		L R
< 5 kg < 11 lb	0	Shock or Rapid Buildup: +1	Good	0	No Adjustments
5 - 10 kg 11 - 22 lb	1		Fair	1	
> 10 kg > 22 lb	2		Poor	2	
<b>Score A</b> [Table A + Load/Force Score]			Unacceptable	3	
					Left Right
<b>Activity</b>			<b>Score B</b> [Table B + Coupling Score]		L R
One or more body parts are static for longer than 1 minute	+1		<b>Score C (from Table C)</b>		L R
Repeat small range motions, more than 4 per minute	+1		<b>Activity Score</b>		L R
Rapid large changes in posture or unstable base	+1		<b>REBA Score</b> [Score C + Activity Score]		L R

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

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

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

### REBA Decision

REBA Score	Risk Level
1	Negligible
2 - 3	Low
4 - 7	Medium
8 - 10	High
11 - 15	Very High

## KUESIONER *NORDIC BODY MAP*

### NO. KUESIONER:

### PETUNJUK PENGISIAN

1. Kuesioner ini bertujuan untuk mengetahui karakteristik individu responden dan gambaran keluhan yang dirasakan pada bagian tubuh terkait pekerjaan.
2. Tidak ada jawaban yang benar atau salah. Maka diharapkan Anda dapat menjawab sejujurnya sesuai dengan apa yang Anda rasakan dan alami selama bekerja sebagai *porter*.
3. Bacalah pertanyaan/pernyataan dengan seksama.
4. Pilih jawaban yang menurut penilaian Anda paling sesuai dengan memberikan tanda  $\surd$  atau X pada pilihan jawaban yang tersedia.
5. Seluruh pertanyaan harus Anda isi.

Terima kasih telah menjadi bagian dari pengisian kuesioner ini.

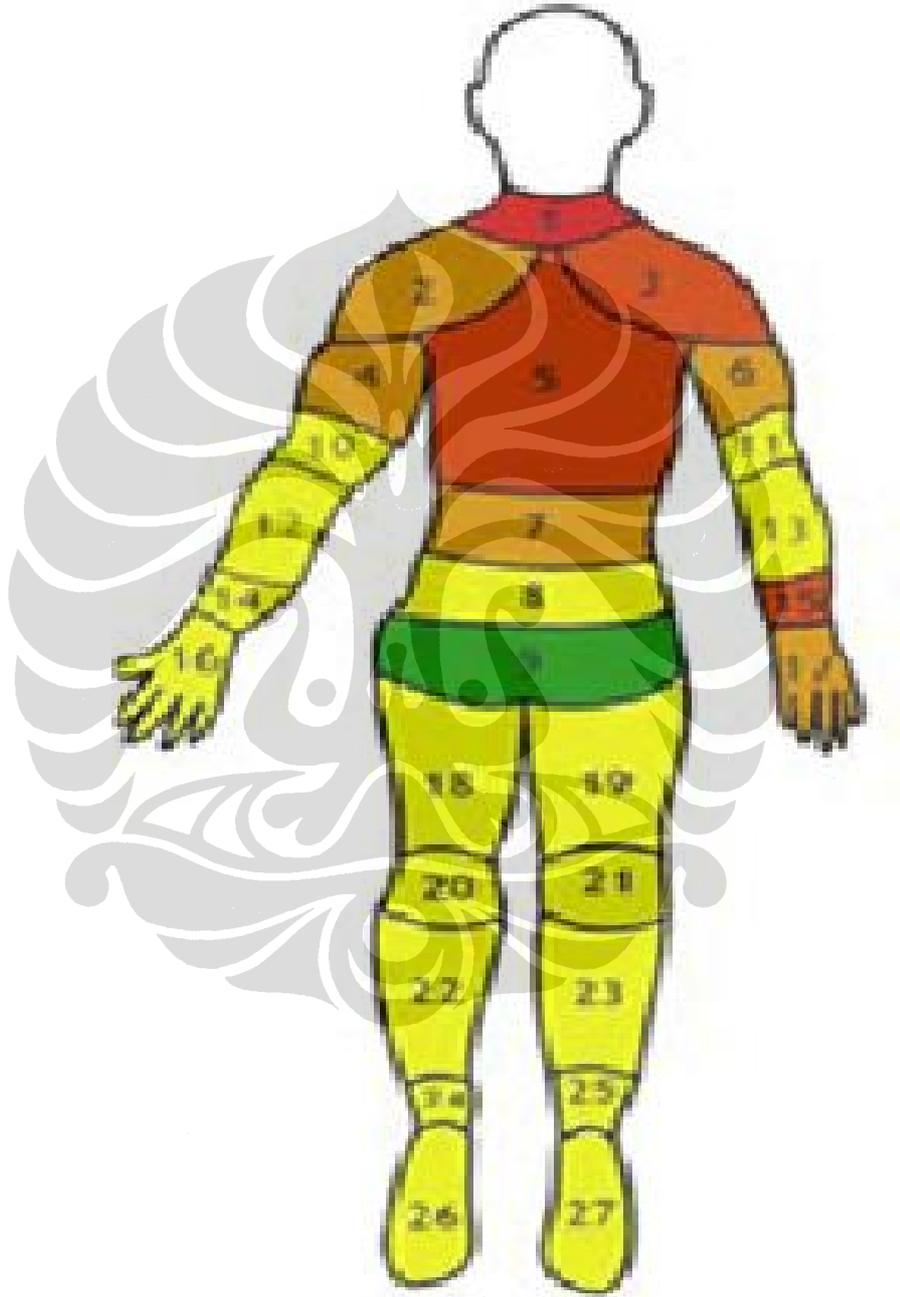
### KARAKTERISTIK RESPONDEN

No. Responden :  
Umur :  
Masa Kerja :  
Jam Kerja/Hari : ..... sampai .....  
Jumlah Mengangkat Barang/Hari :

1. Apakah Anda pernah merasa tidak nyaman seperti sakit, nyeri, bengkak, kaku, pegal atau kejang pada otot dan tulang Anda?
  - a. Ya
  - b. Tidak
2. Apa yang Anda lakukan saat merasakan sakit tersebut?
  - a. istirahat
  - b. menggunakan obat gosok
  - c. minum obat pengurang rasa sakit
  - d. memeriksakan diri ke klinik atau rumah sakit
3. Apakah Anda memiliki kebiasaan merokok?
  - a. Ya
  - b. Tidak
4. Apakah Anda melakukan olah raga secara teratur?
  - a. Ya
  - b. Tidak

5. Pada bagian tubuh manakah Anda merasakan sakit, nyeri, bengkak, kaku, pegal atau kejang?

Silahkan beri tanda silang "X" pada bagian tubuh dimana Anda merasakannya.  
(jawaban boleh lebih dari satu)



6. Silahkan dilingkari atau disilang pada angka di dalam kolom tingkat keseringan dan tingkat keparahan berdasarkan keterangan di bawah.

No.	Bagian Tubuh yang di "X"	Tingkat Keseringan	Tingkat Keparahan
0	Leher bagian atas	1 2 3 4	1 2 3 4
1	Leher bagian bawah	1 2 3 4	1 2 3 4
2	Bahu kiri	1 2 3 4	1 2 3 4
3	Bahu kanan	1 2 3 4	1 2 3 4
4	Lengan atas kiri	1 2 3 4	1 2 3 4
5	Punggung	1 2 3 4	1 2 3 4
6	Lengan atas kanan	1 2 3 4	1 2 3 4
7	Pinggang	1 2 3 4	1 2 3 4
8	Bokong	1 2 3 4	1 2 3 4
9	Pantat	1 2 3 4	1 2 3 4
10	Siku kiri	1 2 3 4	1 2 3 4
11	Siku kanan	1 2 3 4	1 2 3 4
12	Lengan bawah kiri	1 2 3 4	1 2 3 4
13	Lengan bawah kanan	1 2 3 4	1 2 3 4
14	Pergelangan tangan kiri	1 2 3 4	1 2 3 4
15	Pergelangan tangan kanan	1 2 3 4	1 2 3 4
16	Tangan kiri	1 2 3 4	1 2 3 4
17	Tangan kanan	1 2 3 4	1 2 3 4
18	Paha kiri	1 2 3 4	1 2 3 4
19	Paha kanan	1 2 3 4	1 2 3 4
20	Lutut kiri	1 2 3 4	1 2 3 4
21	Lutut kanan	1 2 3 4	1 2 3 4
22	Betis kiri	1 2 3 4	1 2 3 4
23	Betis kanan	1 2 3 4	1 2 3 4
24	Pergelangan kaki kiri	1 2 3 4	1 2 3 4
25	Pergelangan kaki kanan	1 2 3 4	1 2 3 4
26	Kaki kiri	1 2 3 4	1 2 3 4
27	Kaki kanan	1 2 3 4	1 2 3 4

**Keterangan:**

**Tingkat Keseringan:**

1. 1-2 kali/tahun
2. 1-2 kali/bulan
3. 1-2 kali/minggu
4. setiap hari

**Tingkat Keparahan:**

1. ringan/hanya tidak nyaman
2. sedang&masih bisa bekerja
3. parah&tidak bisa bekerja
4. sangat parah & tidak bisa bekerja

**Terima kasih atas partisipasi Anda!**