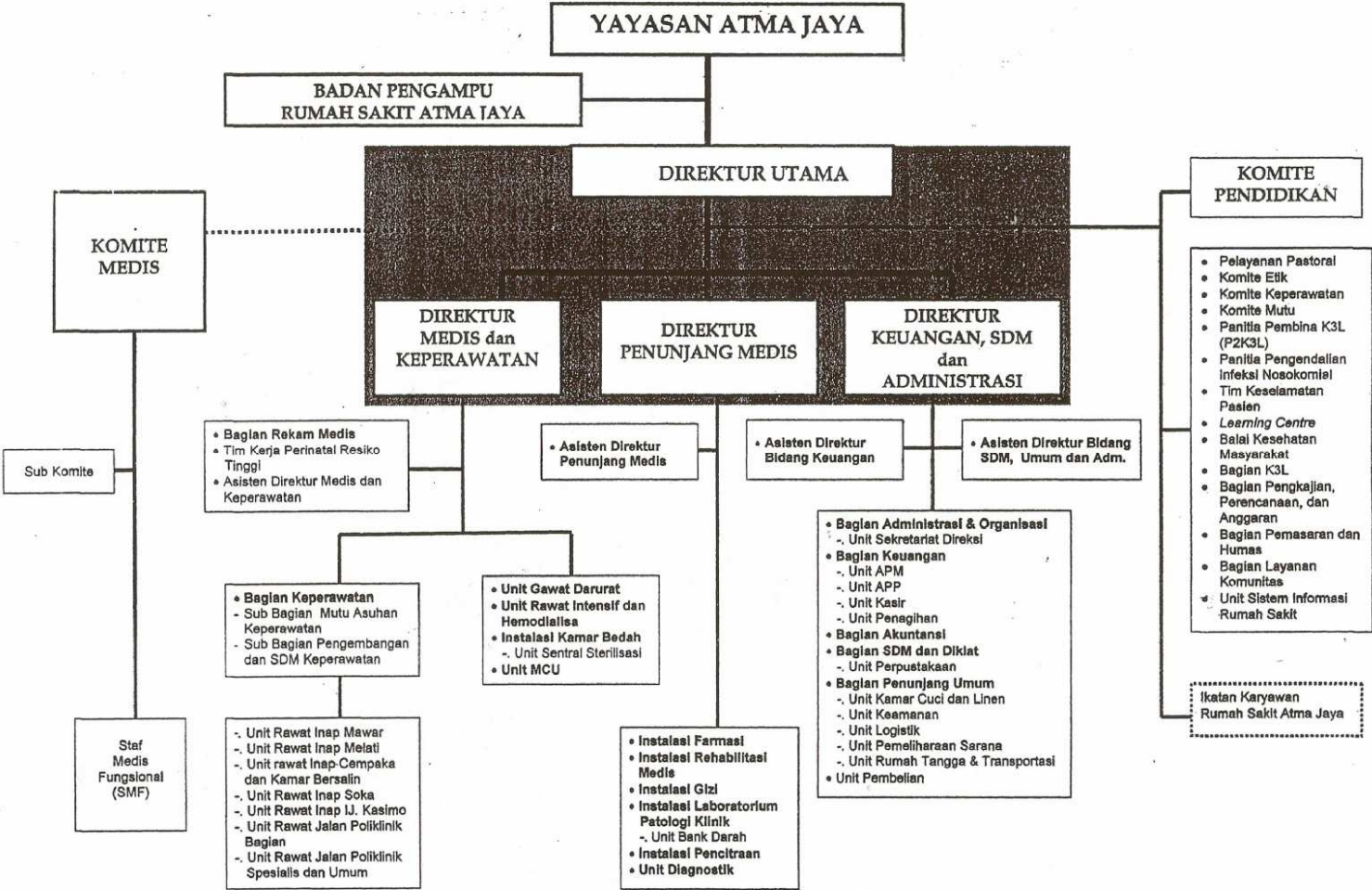
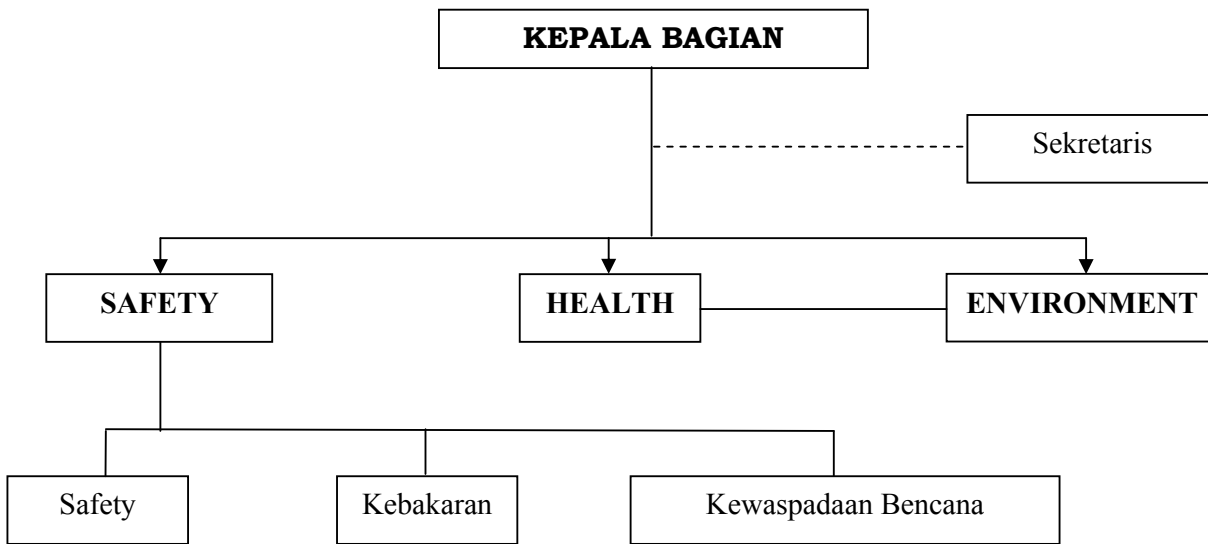


STRUKTUR ORGANISASI RUMAH SAKIT ATMA JAYA



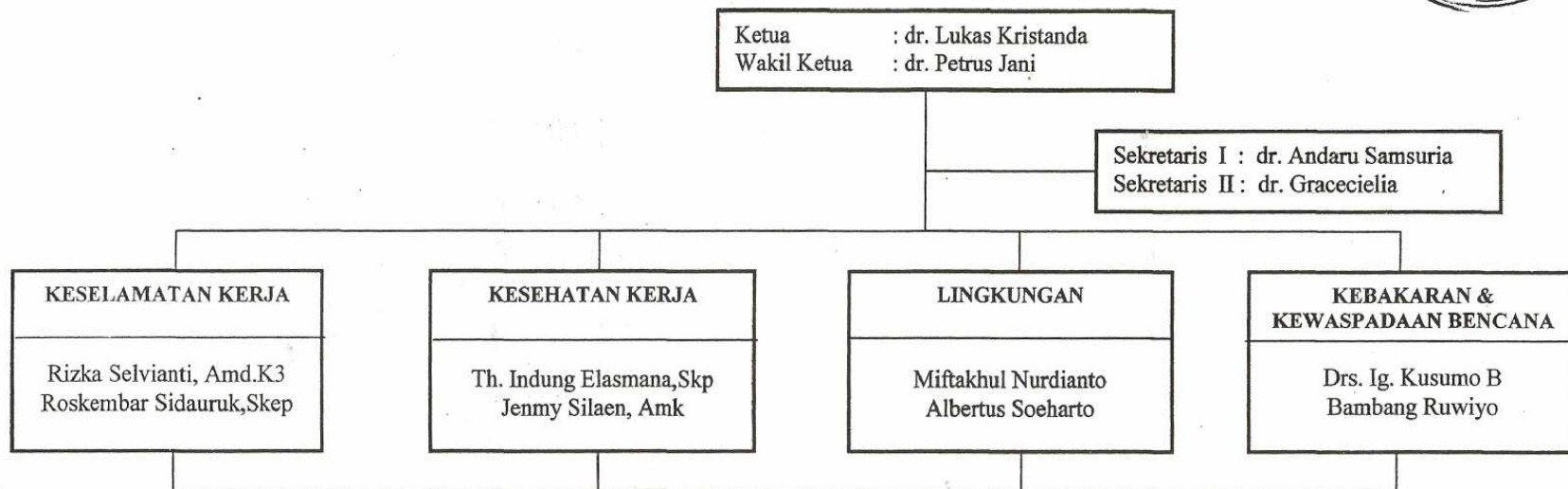
Lampiran SK. Dir. No. 105-AM/XI/2006

**SUSUNAN ORGANISASI
KESELAMATAN, KESEHATAN KERJA dan
LINGKUNGAN
(K3L)
RUMAH SAKIT ATMA JAYA**





**SUSUNAN PENGURUS PANITIA PEMBINA
KESELAMATAN, KESEHATAN KERJA, DAN LINGKUNGAN
(P2K3L)
RUMAH SAKIT ATMA JAYA**



Jakarta, 20 Maret 2008
Disetujui oleh :


Dr Petrus Jani
(Wakil Ketua)



dr. Lukas Kristanda
(Ketua)

REBA Employee Assessment Worksheet

Based on Technical note: Rapid Risk Body Assessment (REBA), Aligned, Mohammed, Applied Ergonomics 31 (2000) 203-207

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 back 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

SCORES

Table A: Neck

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

Table C

Score A (Add from Table A plus force score)	Score B, (add if 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	4	5	6	7	7	8	8	9	9
4	3	4	4	5	6	7	8	8	9	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	10	11	11
9	9	9	9	10	10	10	11	11	11	11	12	12
10	10	10	10	11	11	11	11	11	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

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 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

Final REBA Score

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. © 2000, www.ergonomics.com

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 rshaker@ergonomics.com (815) 494-2857

Lampiran 5. *Work Sheet* REBA

REBA

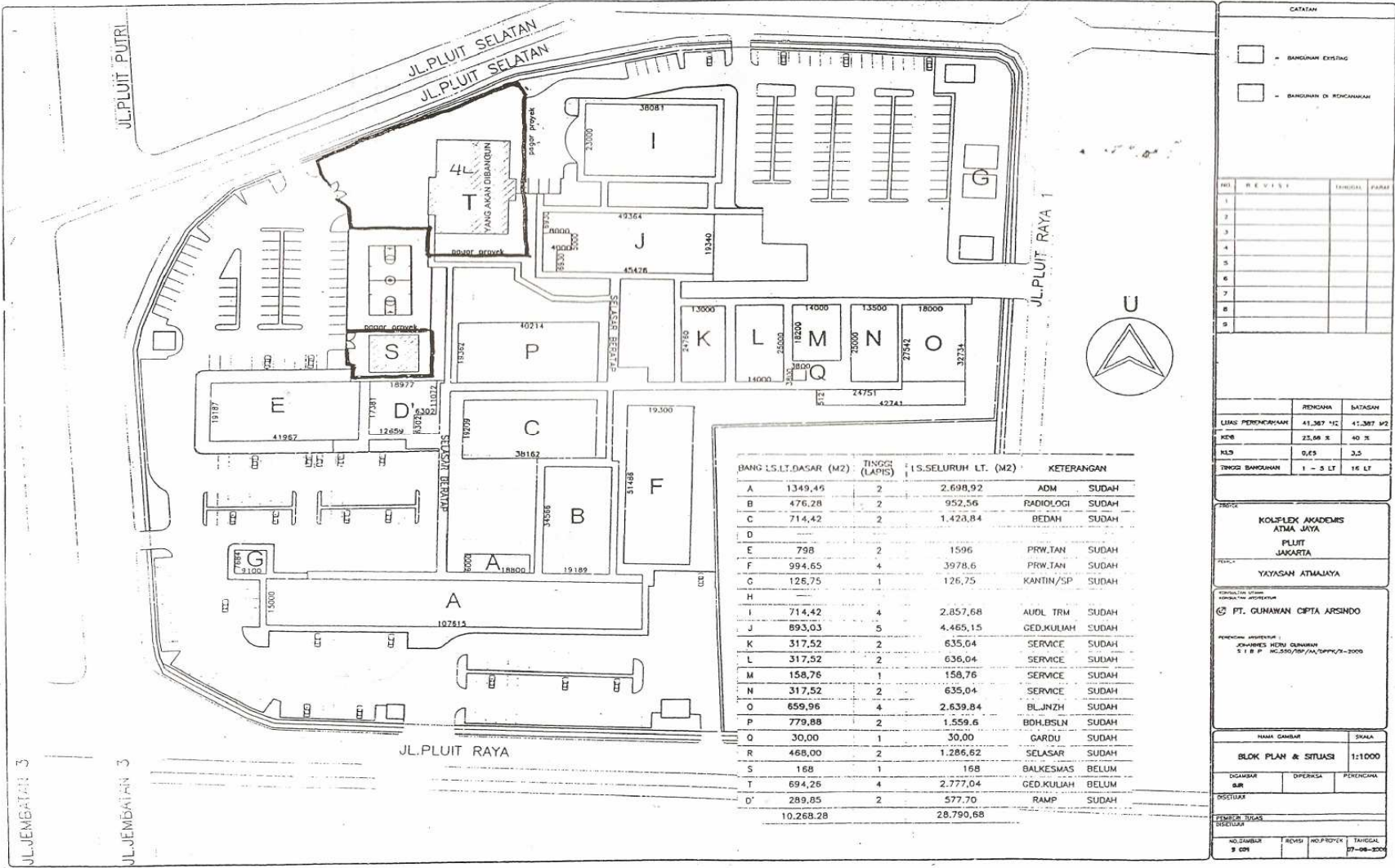
Rapid Entire Body Assessment (REBA)

Date: / /

Task				Analyst			
Group A			Group B				
Posture/Range	Score	Total	Posture/Range	Score	Total: Left and Right		
Trunk			Upper Arms (Shoulders)		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			
Neck			Lower Arms (Elbows)		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			
Legs			Wrists		L	R	
Bilateral Wt Bearing; Walk; Sit	1	Knee(s) Flexion 30-60°: +1 Knee(s) Flexion >60°: +2	Flexion: 0-15° Extension: 0-15°	1	Wrist Deviated / Twisted: +1		
Unilateral Wt Bearing; Unstable	2		Flexion: >15° Extension: >15°	2			
Score from Table A			Score from Table B		L	R	
Load / Force			Coupling		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			
Score A [Table A + Load/Force Score]			Unacceptable	3			Left
Activity			Score B [Table B + Coupling Score]		L	R	
One or more body parts are static for longer than 1 minute		+1	Score C (from Table C)		L	R	
Repeat small range motions, more than 4 per minute		+1	Activity Score		L	R	
Rapid large changes in posture or unstable base		+1	REBA Score [Score C + Activity Score]		L	R	

V1.1 5/4/01 © 2001 Thomas E. Bernard

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DENAH RUANG UNIT GAWAT DARURAT RS ATMA JAYA

