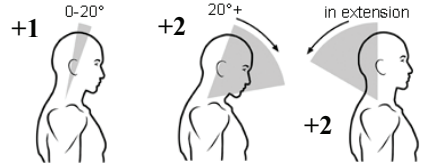


TABLE A - Neck, Trunk and Leg Analysis

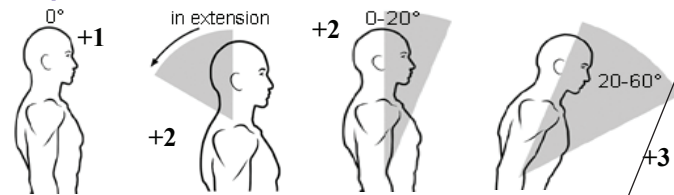
Step 1: Locate Neck Position



Step 1a: Adjust...

- If neck is twisted: +1
- If neck is side bending: +1

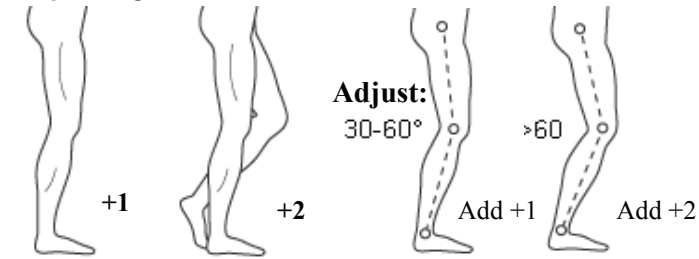
Step 2: Locate Trunk Position



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

Step 5a: Adjust...

- If shock or rapid build up of force: add +1

TABLE C - Step 6: Score A, Find Row in Table C

- Add values from steps 4 & 5 to obtain Score A. Find Row in Table C.

1. Neck Score =

2. Trunk Score =

3. Leg Score =

4. Posture Score A =

6. Force/load Score =

6. Score A =

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

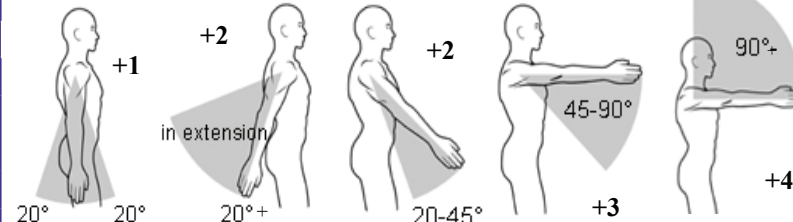
	Lower Arm					
	1			2		
Upper Arm Score	Wrist					
	1	2	3	1	2	3
	2	1	2	3	2	3
	3	3	4	5	4	5
	4	4	5	5	5	6
	5	6	7	8	7	8
6	7	8	8	8	9	

SCORE A (score from table A +load/force score)	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	11	12	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

SUBJECT: _____
 COMPANY: _____
 DEPARTMENT: _____
 SCORER: _____ DATE: _____

TABLE B - Arm and Wrist Analysis

Step 7: Locate Upper Arm Position



= 7. Upper Arm Score

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



= 8. Lower Arm Score

Step 9: Locate Wrist Position



= 9. Wrist Score

= 10. Posture Score B

+
= 11. Coupling Score

=
= 12. Score B

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 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

TABLE C SCORE + = ACTIVITY SCORE

FINAL REBA SCORE