
**TABLE A - Neck, Trunk and Leg Analysis**

**Step 1: Locate Neck Position**
- +1 if 0°-20°
- +2 if 20°+

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

**Step 2: Locate Trunk Position**
- +1 if 0°
- +2 if 20°-60°
- +3 if 60°+

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

**Step 3: Legs**
- +1 if 30°-60°
- Add +1
- >60°
- 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

**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.

**TABLE B - Arm and Wrist Analysis**

**Step 7: Locate Upper Arm Position**
- +1 if 20°
- +2 if 20°-45°
- +3 if 45-90°

**Step 7a: Adjust…**
- If shoulder is raised: +1
- If upper arm is abducted: +1
- If arm is supported or person is leaning: -11

**Step 8: Locate Lower Arm Position**
- +1
- +2

**Step 9: Locate Wrist Position**
- +1

**Step 9a: Adjust…**
- If wrist is bent from midline or twisted : Add +1

**Step 10: Add Coupling Score**
- 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 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**