

REBA worksheet A

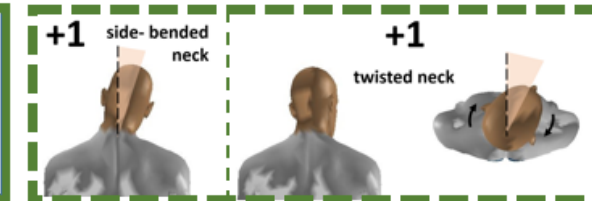
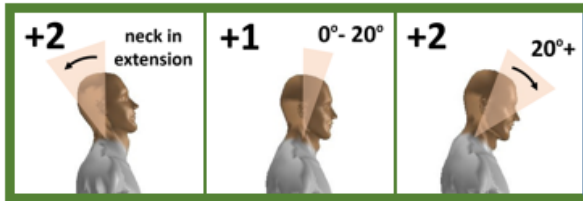
task:
location:

date:
name:



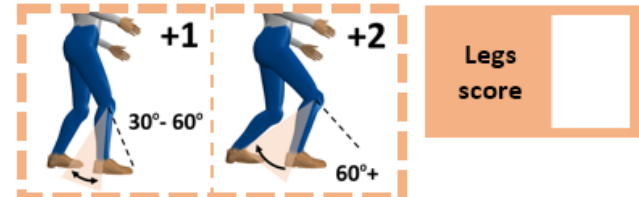
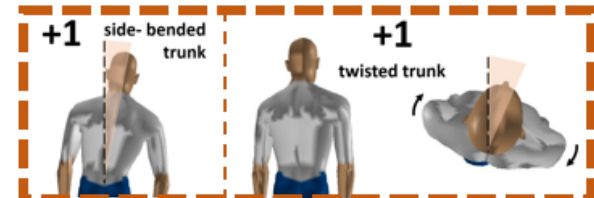
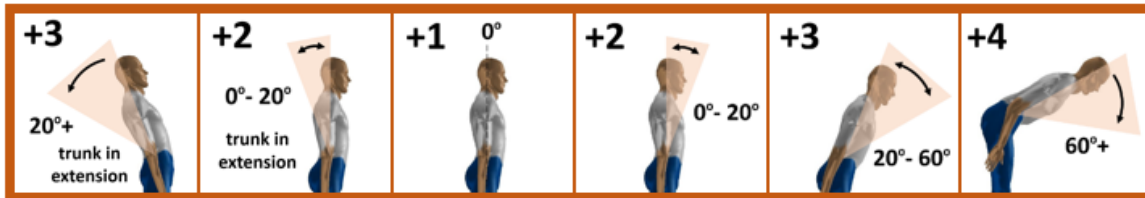
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Neck score

Trunk score



Legs score

A1	Neck											
	1				2				3			
Trunk	Legs				Legs				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
5	4	6	7	8	6	7	8	9	7	8	9	9

A2	shock or rapid build-up	
	No	Yes
Force/Load		
< 5 kg	0	1
5 - 10 kg	1	2
> 10 kg	2	3

A1 + A2 = A3

REBA worksheet B

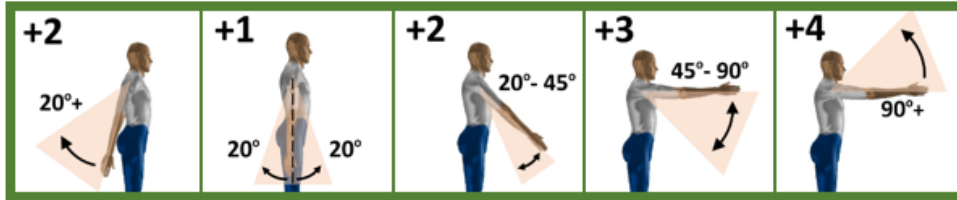
task:
location:

date:
name:

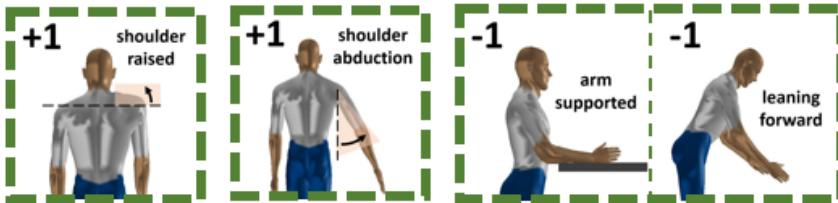


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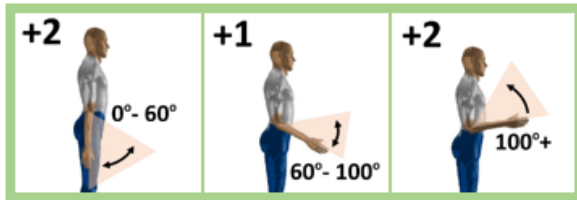
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Upper arm score

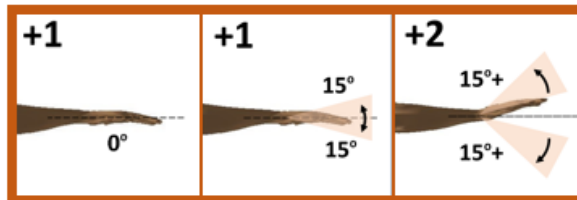


B1	Lower arm					
	1			2		
Upper arm	Wrist			Wrist		
	1	2	3	1	2	3
1	1	2	2	1	2	3
2	1	2	3	2	3	4
3	3	4	5	4	5	5
4	4	5	5	5	6	7
5	6	7	8	7	8	8
6	7	8	8	8	9	9



Lower arm score

B2	Coupling	Score	Description
	Good	0	Well fitting handle and using a mid-range power grip
Fair	1	Hand hold acceptable, but not ideal <i>or</i> Coupling is acceptable via another part of the body	
Poor	2	Hand hold not acceptable, although possible	
Not Acceptable	3	Strange, unsafe grip, no handles <i>or</i> Couple is unacceptable if using other parts of the body	



Wrist score



B1 + **B2** = **B3**

REBA worksheet C

task:
location:

date:
name:



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C1	B3												
	1	2	3	4	5	6	7	8	9	10	11	12	
A3	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

photo/sketch/notes

C2	Score	Description
	+1	If one or more body parts are static, e.g., held for longer than 1 min
Activity Score	+1	If repeated small-range actions occur, e.g., repeated more than 4 times per minute (not including walking)
	+1	If the action causes rapid large-range changes in posture or an unstable base

C1 + C2 = REBA score

REBA scores



- REBA score 1** : Negligible risk. No action necessary.
- REBA score 2-3** : Low risk. Action may be necessary.
- REBA score 4-7** : Medium risk. Action necessary.
- REBA score 8-10** : High risk. Action necessary soon.
- REBA score 11+** : Very high risk. Action necessary now.

Rapid Entire Body Assessment (REBA): Basic worksheet instructions



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Step 1: For each posture series enclosed by a thick **solid** border, select one value.

Step 2 (optional): Select the value for each applicable posture enclosed by a thick **dashed** border.

If there are two or more postures enclosed by the same thick **dashed** border, select only one value.

Step 3: Sum the selected values and record the result.
e.g. $(+3) + (+1) + (-1) = 3$

The diagram illustrates the REBA assessment process. It shows two rows of posture illustrations. The top row, enclosed in a thick solid border, shows five postures with values: +2 (20°+), +1 (20°), +2 (20°-45°), +3 (45°-90°), and +4 (90°+). The bottom row, enclosed in a thick dashed border, shows four postures: +1 (shoulder raised), +1 (shoulder abduction), -1 (arm supported), and -1 (leaning forward). A green box on the right indicates the 'Upper arm score' is 3.

Attention: Before using REBA, you should be familiar with the assessment method described in: *Hignett, S., & McAtamney, L. (2000) Technical note: Rapid Entire Body Assessment (REBA). Applied Ergonomics, 31, 201-205.*

Rapid Entire Body Assessment (REBA): Basic worksheet instructions



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Neck score	2	Legs score	3
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Lower arm score	1	Wrist score	3
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A1	Neck											
	1			2			3			4		
Trunk	1	2	3	1	2	3	1	2	3	1	2	3
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
5	4	6	7	8	6	7	8	9	7	8	9	9

A2	shock or rapid build-up	
	Force/Load	No
< 5 kg	0	1
5 - 10 kg	1	2
> 10 kg	2	3

B1	Lower arm					
	1			2		
Upper arm	1	2	3	1	2	3
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	6	7	8	7	8	8
6	7	8	8	8	9	9

B2	Coupling	Score	Description
	Good	0	Well fitting handle and using a mid-range power grip
Fair	1	Hand hold acceptable, but not ideal or Coupling is acceptable via another part of the body	
Poor	2	Hand hold not acceptable, although possible	
Not Acceptable	3	Strange, unsafe grip, no handles or Couple is unacceptable if using other parts of the body	

Trunk score	3
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$$A1 \ 6 + A2 \ 2 = A3 \ 8$$

Upper arm score	3
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$$B1 \ 5 + B2 \ 1 = B3 \ 6$$

C1	B3											
	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

C2	Score	Description
	+1	If one or more body parts are static, e.g., held for longer than 1 min
+1	If repeated small-range actions occur, e.g., repeated more than 4 times per minute (not including walking)	
+1	If the action causes rapid large-range changes in posture or an unstable base	

$$C1 \ 10 + C2 \ 2 = REBA \ score \ 12$$

REBA scores														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
REBA score 1														
REBA score 2-3														
REBA score 4-7														
REBA score 8-10														
REBA score 11+														

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