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Canada OHS Regulations and
Safety Online Training**

Since 2008

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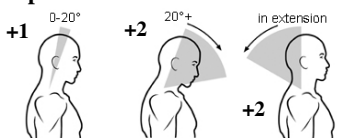
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A. Neck, Trunk and Leg Analysis

SCORES

B. Arm and Wrist Analysis

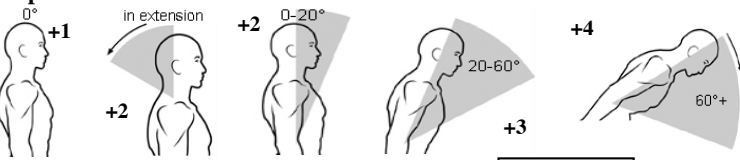
Step 1: Locate Neck Position



Step 1a: Adjust...
If neck is twisted: +1
If neck is side bending: +1

Neck Score

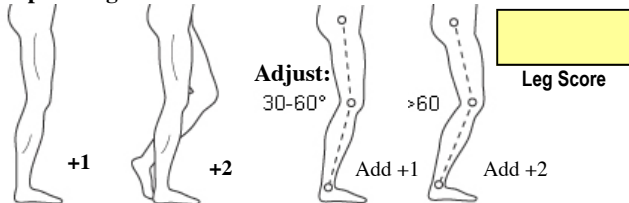
Step 2: Locate Trunk Position



Step 2a: Adjust...
If trunk is twisted: +1
If trunk is side bending: +1

Trunk Score

Step 3: Legs



Step 4: Look-up Posture Score in Table A

Using values from steps 1-3 above, locate score in Table A

Posture Score 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

Force/Load Score

Step 6: Score A, Find Row in Table C

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

Score A

Scoring:

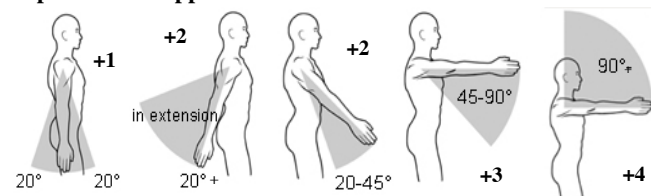
- 1 = negligible risk
- 2 or 3 = low risk, change may be needed
- 4 to 7 = medium risk, further investigation, change soon
- 8 to 10 = high risk, investigate and implement change
- 11+ = very high risk, implement change

Table A		Neck											
		1				2				3			
Trunk Posture Score	Legs												
	1	1	2	3	4	1	2	3	4	1	2	3	4
	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		
Upper Arm Score	Wrist						
	1	1	2	3	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	

Score A (score from table A +load/force score)	Table C											
	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

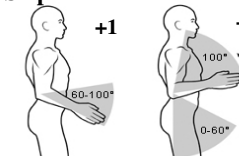
Step 7: Locate Upper Arm Position:



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

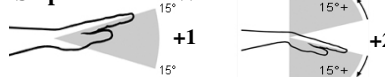
Upper Arm Score

Step 8: Locate Lower Arm Position:



Lower Arm Score

Step 9: Locate Wrist Position:



Wrist Score

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

Posture Score 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**

Coupling Score

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.

Score B

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

Task name: _____ Reviewer: _____ Date: ____/____/____