

Rapid Entire Body Assessment (REBA)

REBA was proposed by Hignett and McAtamney as a means to assess posture for risk of work-related musculoskeletal disorders (WRMSDs).

Consider critical tasks of a job. For each task, assess the posture factors by assigning a score to each region. The following data sheet provides a format for this process. Areas on the data sheet with a light gray background are for data entry.

Score the Group A (Trunk, Neck and Legs) postures and the Group B (Upper Arms, Lower Arms, and Wrists) postures for left and right. For each region, there is a posture scoring scale plus adjustment notes for additional considerations. Then score the Load / Force and Coupling factors. Finally, score the Activity

Find the scores from Table A for the Group A posture scores and from Table B for the Group B posture scores. The tables follow the data collection sheet.

Score A is the sum of the Table A score and the Load / Force score. Score B is the sum of the Table B score and the Coupling score for each hand.

Score C is read from Table C, by entering it with the Score A and the Score B.

The REBA score is the sum of the Score C and the Activity score. The degree of risk is found in the REBA Decision table.

Reference

Sue Hignett and Lynn McAtamney, Rapid entire body assessment (REBA); *Applied Ergonomics*. 31:201-205, 2000.

Rapid Entire Body Assessment (REBA)

Date: / /

Task	Analyst
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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	Flexion: 0-15° Extension: 0-15°	1	Wrist Deviated / Twisted: +1
Unilateral Wt Bearing; Unstable	2	Knee(s) Flexion >60°: +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	
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

Table A

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

Table B

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

Table C

		Score A											
		1	2	3	4	5	6	7	8	9	10	11	12
Score B	1	1	1	2	3	4	6	7	8	9	10	11	12
	2	1	2	3	4	4	6	7	8	9	10	11	12
	3	1	2	3	4	4	6	7	8	9	10	11	12
	4	2	3	3	4	5	7	8	9	10	11	11	12
	5	3	4	4	5	6	8	9	10	10	11	12	12
	6	3	4	5	6	7	8	9	10	10	11	12	12
	7	4	5	6	7	8	9	9	10	11	11	12	12
	8	5	6	7	8	8	9	10	10	11	12	12	12
	9	6	6	7	8	9	10	10	10	11	12	12	12
	10	7	7	8	9	9	10	11	11	12	12	12	12
	11	7	7	8	9	9	10	11	11	12	12	12	12
	12	7	8	8	9	9	10	11	11	12	12	12	12

REBA Decision

REBA Score	Risk Level
1	Negligible
2 - 3	Low
4 - 7	Medium
8 - 10	High
11 - 15	Very High