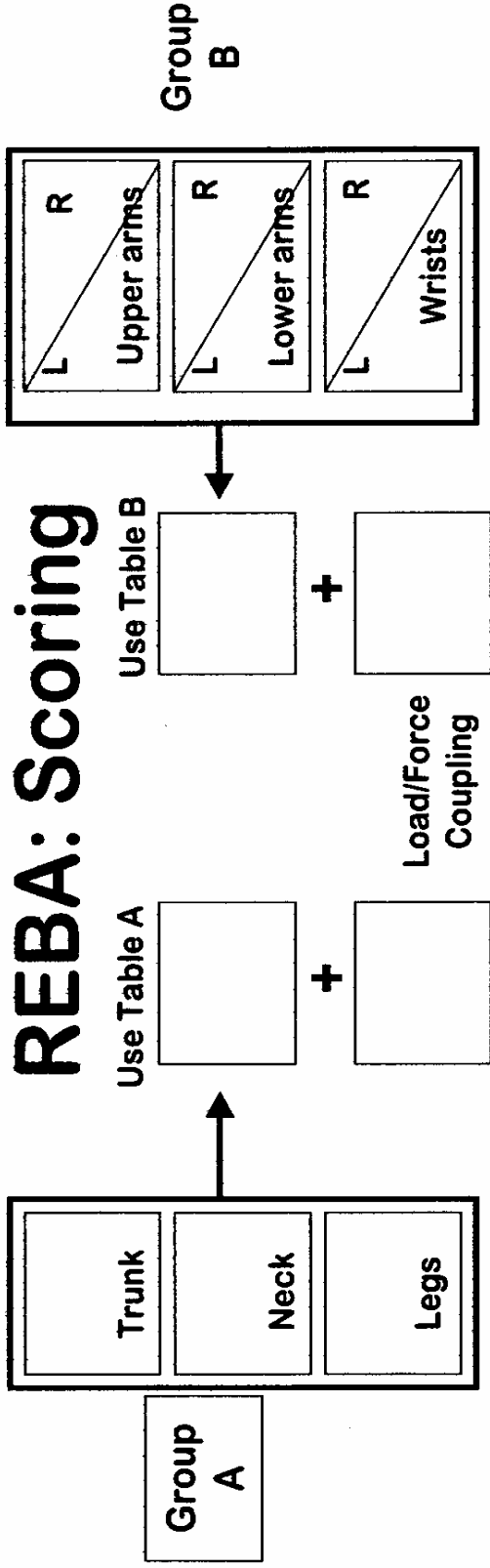


# REBA: Scoring



Score A

Score B

Score C

Activity Score

REBA Score

Task	Analyst
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Group A			Group B		
Posture/Range	Score	Total	Posture/Range	Score	Total: Left and Right
<b>Trunk</b>			<b>Upper Arms (Shoulders)</b>		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	
<b>Neck</b>			<b>Lower Arms (Elbows)</b>		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	
<b>Legs</b>			<b>Wrists</b>		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	
<b>Score from Table A</b>			<b>Score from Table B</b>		L R
<b>Load / Force</b>			<b>Coupling</b>		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	
<b>Score A [Table A + Load/Force Score]</b>				Unacceptable	
<b>Activity</b>			<b>Score B [Table B + Coupling Score]</b>		L R
One or more body parts are static for longer than 1 minute		+1	<b>Score C (from Table C)</b>		L R
Repeat small range motions, more than 4 per minute		+1	<b>Activity Score</b>		L R
Rapid large changes in posture or unstable base		+1	<b>REBA Score [Score C + Activity Score]</b>		L R

REBA

**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