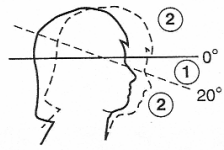


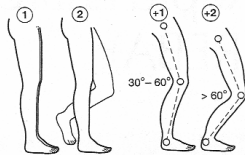
Task	Analyst	Date
------	---------	------

Group A

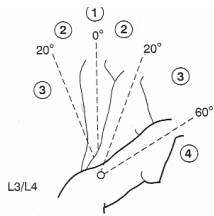


+ 1 if twisted or side flexed

Neck score _____



Leg score _____



+ 1 if twisted or side flexed

Trunk score _____

Table A =

+

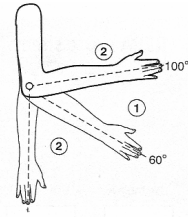
Load/Force

+ 0 if < 5Kg
+ 1 if 5-10Kg
+ 2 if > 10Kg

=

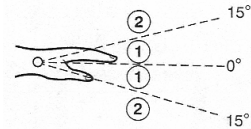
Score A =

Group B



Lower arm score _____ (angle of elbow)

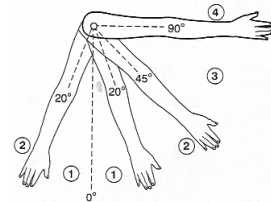
+1 if deviated or twisted.



Wrist score _____

+ 1 if ab/adducted or raised shoulder.

- 1 if supported.



Upper arm score _____ (angle of arm in relation to spine)

Table A =

+

Load/Force

+ 0 if good (fingers grasping)
+ 1 if fair (fingers curled or other part of body)
+ 2 if poor (flat hands or awkward)
+ 3 if unacceptable

=

Score A =

Score C

+

=

+1 if one or more body parts are static for longer than one minute
+1 if small range movements are repeated more than four times a minute
+1 if large rapid change in posture or you become unstable

= Table B

+

Coupling

=

Score B

Activity score

REBA Score

Score	Risk factor	Action
1	Negligible	No need for any action.
2-3	Low	Action has probably already been taken to get to this level.
4-7	Medium	Further consideration should be given as to how risk can be lowered.
8-10	High	Action needs to be taken very soon.
11-15	Very high	Work must cease until a safer solution can be found.

Table A

		Trunk					
		Legs	1	2	3	4	5
Neck =1	1	1	2	2	3	4	
	2	2	3	4	5	6	
	3	3	4	5	6	7	
	4	4	5	6	7	8	
		Trunk					
		Legs	1	2	3	4	5
Neck =2	1	1	3	4	5	6	
	2	2	4	5	6	7	
	3	3	5	6	7	8	
	4	4	6	7	8	9	
		Trunk					
		Legs	1	2	3	4	5
Neck =3	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						
		Wrist	1	2	3	4	5	6
Lower arm = 1	1	1	1	3	4	6	7	
	2	2	2	4	5	7	8	
	3	2	3	5	5	8	8	
		Upper arm						
		Wrist	1	2	3	4	5	6
Lower arm = 2	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