

Slide 1

## Rapid Entire Body Assessment: (REBA)

Source: Hignett, S., McAtamney, L. (2000) Applied Ergonomics, 31, 291-5.

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Slide 2

### REBA: Trunk Score

Movement	Score	Change Score
Upright	1	
0°-20° flexion	2	+1 if twisting or side flexed
0°-20° extension	2	
20°-60° flexion	3	
>20° extension	3	
>60° flexion	4	

Source: Hignett, S., McAtamney, L. (2000) Applied Ergonomics, 31, 291-5.

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Slide 3

### REBA: Neck Score

Movement	Score	Change score:
0°-20° flexion	1	+1 if twisting or side flexed
>20° flexion or >20° extension	2	
	2	

Source: Hignett, S., McAtamney, L. (2000) Applied Ergonomics, 31, 291-5.

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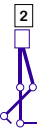

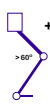
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Slide 4

### REBA: Legs Score

Position	Score	Change score
Bilateral weight bearing, walking or sitting	1	+1 if knees between 30°-60° flexion
Unilateral weight bearing Feather weight bearing or an unstable posture	2	+2 if knees >60° flexion (n.b. Not for sitting)

Source: Hignett, S., McAtamney, L. (2000) Applied Ergonomics, 31, 291-5.

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Slide 5

### REBA: Upper Arms

Position	Score	Change score
20° extension to 20° flexion	1	+1 if arm is abducted or rotated
>20° extension 20°-45° flexion	2	+1 if shoulder is raised
45°-90° flexion	3	-1 if leaning, supporting weight of arm or if posture is gravity assisted
>90° flexion	4	

Source: Hignett, S., McAtamney, L. (2000) Applied Ergonomics, 31, 291-5.

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Slide 6

### REBA: Lower arms

Movement	Score
60°-100° flexion	1
<60° flexion or >100° flexion	2

Source: Hignett, S., McAtamney, L. (2000) Applied Ergonomics, 31, 291-5.

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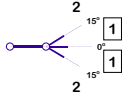
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Slide 7

### REBA: Wrists

Movement	Score	Change score:
0°-15° flexion or extension	1	+1 if wrist is deviated or twisted
>15° flexion or >15° extension	2	



Source: Hignett, S., McAtamney, L. (2000) Applied Ergonomics, 31, 291-5.

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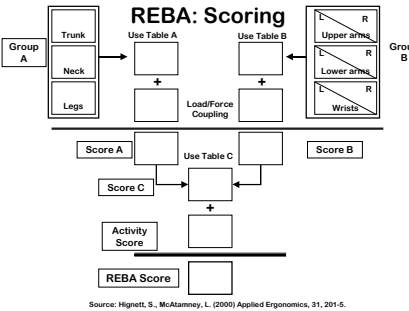
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Slide 8

### REBA: Scoring



Source: Hignett, S., McAtamney, L. (2000) Applied Ergonomics, 31, 291-5.

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Slide 9

### Table A and Load

Trunk	Neck											
	1				2				3			
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

Load/Force			
0	1	2	+1
< 10 lb (<5 kg)	10-20 lb (5-10 kg)	>20 lb (>10 kg)	Shock or rapid build up of force

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