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A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above,
Locate score in Table 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.

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigate, Change Soon.
8-10 = High Risk. Investigate and Implement Change.
11+ = Very High Risk. Implement Change.

Scores

Table A	Neck			
	1	2	3	4
Legs	1	2	3	4
Trunk	1	2	3	4
Posture	2	3	4	5
Score	3	4	5	6
	4	5	6	7
	5	6	7	8
	6	7	8	9
	7	8	9	10
	8	9	10	11
	9	10	11	12

Table B	Lower Arm								
	1	2	3	4	5	6	7	8	9
Wrist	1	2	3	4	5	6	7	8	9
Upper Arm	1	2	3	4	5	6	7	8	9
Score	2	3	4	5	6	7	8	9	10
	3	4	5	6	7	8	9	10	11
	4	5	6	7	8	9	10	11	12
	5	6	7	8	9	10	11	12	13
	6	7	8	9	10	11	12	13	14

Table C	Score B											
Score A	1	2	3	4	5	6	7	8	9	10	11	12
	1	1	1	2	3	4	5	6	7	8	9	10
	2	1	2	3	4	5	6	7	8	9	10	11
	3	2	3	4	5	6	7	8	9	10	11	12
	4	3	4	5	6	7	8	9	10	11	12	13
	5	4	5	6	7	8	9	10	11	12	13	14
	6	5	6	7	8	9	10	11	12	13	14	15
	7	6	7	8	9	10	11	12	13	14	15	16
	8	7	8	9	10	11	12	13	14	15	16	17
	9	8	9	10	11	12	13	14	15	16	17	18
	10	9	10	11	12	13	14	15	16	17	18	19
	11	10	11	12	13	14	15	16	17	18	19	20
	12	11	12	13	14	15	16	17	18	19	20	21

Table C Score	Activity Score	REBA Score
10	+	11

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:



Step 9: Locate Wrist Position:



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

Step 11: Add Coupling Score

Well fitting Handle and mid range 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

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.

Step 13: Activity Score

+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

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A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above,
Locate score in Table 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.

Scoring
1 = Negligible Risk
2/3 = Low Risk. Change may be needed.
4/7 = Medium Risk. Further Investigate. Change Soon.
8/10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Scores

Table A	Legs	Trunk	Posture	Score
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9
10	10	10	10	10
11	11	11	11	11
12	12	12	12	12

Table B	Upper Arm	Lower Arm	Wrist
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12

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

Table C Score	Activity Score	REBA Score
11	+	1
12	+	12

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:



Step 9: Locate Wrist Position:



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

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

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.

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

2. REBA Assessment worksheet pekerja 1 menurunkan

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Pekerja 1 (Aktivitas menurunkan)

Date: 29 Mei 2021

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score: 3

Step 2: Locate Trunk Position

Trunk Score: 5

Step 3: Legs

Leg Score: 3

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Upper Arm Score: 3

Step 8: Locate Lower Arm Position:

Lower Arm Score: 2

Step 9: Locate Wrist Position:

Wrist Score: 2

Scores

Table A		Neck	
		1	2
Legs	1 2 3 4 1 2 3 4	1	2
Trunk	1 2 3 4 1 2 3 4	1	2
Posture	1 2 3 4 1 2 3 4	1	2
Score	1 2 3 4 1 2 3 4	1	2

Table B		Lower Arm	
		1	2
Wrist	1 2 3 1 2 3	1	2
Upper Arm	1 2 3 1 2 3	1	2
Score	1 2 3 1 2 3	1	2

Table C		Score B	
		1	2
Score A	1 2 3 4 1 2 3 4	1	2
Score B	1 2 3 4 1 2 3 4	1	2
Score C	1 2 3 4 1 2 3 4	1	2
Score D	1 2 3 4 1 2 3 4	1	2
Score E	1 2 3 4 1 2 3 4	1	2
Score F	1 2 3 4 1 2 3 4	1	2
Score G	1 2 3 4 1 2 3 4	1	2
Score H	1 2 3 4 1 2 3 4	1	2
Score I	1 2 3 4 1 2 3 4	1	2
Score J	1 2 3 4 1 2 3 4	1	2
Score K	1 2 3 4 1 2 3 4	1	2
Score L	1 2 3 4 1 2 3 4	1	2
Score M	1 2 3 4 1 2 3 4	1	2
Score N	1 2 3 4 1 2 3 4	1	2
Score O	1 2 3 4 1 2 3 4	1	2
Score P	1 2 3 4 1 2 3 4	1	2
Score Q	1 2 3 4 1 2 3 4	1	2
Score R	1 2 3 4 1 2 3 4	1	2
Score S	1 2 3 4 1 2 3 4	1	2
Score T	1 2 3 4 1 2 3 4	1	2
Score U	1 2 3 4 1 2 3 4	1	2
Score V	1 2 3 4 1 2 3 4	1	2
Score W	1 2 3 4 1 2 3 4	1	2
Score X	1 2 3 4 1 2 3 4	1	2
Score Y	1 2 3 4 1 2 3 4	1	2
Score Z	1 2 3 4 1 2 3 4	1	2

Step 10: Look-up Posture Score in Table B
 Using values from steps 7-9 above, locate score in Table B.
 Posture Score: 5

Step 11: Add Coupling Score
 Well fitting handle and mid range power grip, good: +0
 Acceptable but not ideal hand hold or coupling: +1
 Hand hold not acceptable but possible, fair: +2
 No handles, awkward, unsafe with any body part, unacceptable: +3
 Coupling Score: 0

Step 12: Score B
 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: 5

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 4s per minute)
 +1 Action causes rapid large range changes in postures or unstable base
 Activity Score: 1

Table C Score
 Table C Score: 11 + Activity Score: 1 = 12 REBA Score

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

10-20° +1
20-30° +2
30-40° +3
40-50° +4
50-60° +5
60-70° +6
70-80° +7
80-90° +8
90-100° +9
100-110° +10
110-120° +11
120-130° +12
130-140° +13
140-150° +14
150-160° +15
160-170° +16
170-180° +17
180-190° +18
190-200° +19
200-210° +20
210-220° +21
220-230° +22
230-240° +23
240-250° +24
250-260° +25
260-270° +26
270-280° +27
280-290° +28
290-300° +29
300-310° +30
310-320° +31
320-330° +32
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360-370° +36
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400-410° +40
410-420° +41
420-430° +42
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ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Petaja 1 (Aktifitas maintenance)

Date: 26 md 2021

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score: 2

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

Step 2b: Locate Trunk Position

Trunk Score: 3

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

Step 3: Legs

Leg Score: 3

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, Locate score in Table A

Posture Score A: 6

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

Force/Load Score: 2

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: 8

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed.
 4-7 = Medium Risk. Further Investigation. Change Soon.
 8-10 = High Risk. Investigate and Implement Change
 11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Upper Arm Score: 2

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

Step 8: Locate Lower Arm Position:

Lower Arm Score: 2

Step 9: Locate Wrist Position:

Wrist Score: 3

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 7/8 above, locate score in Table B

Posture Score B: 4

Step 11: Add Coupling Score
 Wrist fitting Handle and mid rang power grip, good: +0
 Acceptable but not ideal hand held or coupling: +1
 Hand held not acceptable but possible, poor: +2
 No handles, awkward, unsafe with any body part, unacceptable: +3

Coupling Score: 1

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: 5

Step 13: Activity Score
 +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: 10

Activity Score: 1

REBA Score: 11

Table A

Legs	1	2	3
1	1	2	3
2	2	3	4
3	3	4	5
4	4	5	6
5	5	6	7
6	6	7	8
7	7	8	9
8	8	9	10
9	9	10	11
10	10	11	12
11	11	12	13
12	12	13	14

Table B

Upper Arm	1	2	3
1	1	2	3
2	2	3	4
3	3	4	5
4	4	5	6
5	5	6	7
6	6	7	8
7	7	8	9
8	8	9	10
9	9	10	11
10	10	11	12
11	11	12	13
12	12	13	14

Table C

Score A	1	2	3	4	5	6	7	8	9	10	11	12
1	1	1	1	2	2	2	3	3	3	4	4	4
2	2	2	2	3	3	3	4	4	4	5	5	5
3	3	3	3	4	4	4	5	5	5	6	6	6
4	4	4	4	5	5	5	6	6	6	7	7	7
5	5	5	5	6	6	6	7	7	7	8	8	8
6	6	6	6	7	7	7	8	8	8	9	9	9
7	7	7	7	8	8	8	9	9	9	10	10	10
8	8	8	8	9	9	9	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	12	12	12	13	13	13
11	11	11	11	12	12	12	13	13	13	14	14	14
12	12	12	12	13	13	13	14	14	14	15	15	15

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above,
Locate Score in Table 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.

Scoring
1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further investigate. Change Score.
8-10 = High Risk. Investigate and Implement Change.
11+ = Very High Risk. Implement Change.

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:



Step 9: Locate Wrist Position:



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

Step 11: Add Coupling Score

Well fitting Handle and mid range power grip, good: +0
Acceptable but not ideal hand hold or coupling: +1
Hand hold not acceptable but possible, fair: +2
No handles, awkward, unsafe with any body part, Unacceptable: +3

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.

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 A		Neck	
		1	2
Legs	1 2 3 4 1 2 3 4 1 2 3 4		3
Trunk Posture	1 1 2 3 4 1 2 3 4 1 2 3 4		3
Score	1 1 2 3 4 1 2 3 4 1 2 3 4		3

Table B		Lower Arm	
		1	2
Wrist	1 2 3 4 1 2 3 4 1 2 3 4		3
Upper Arm	1 1 2 3 4 1 2 3 4 1 2 3 4		3
Score	1 1 2 3 4 1 2 3 4 1 2 3 4		3

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

Table C Score		Activity Score	
		1	2
Score A	10		11
Score B	10		11
Score C	10		11

3. REBA Assessment worksheet pekerja 1 mendorong

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Petega 1 (Aktivitas mendorong)

Date: 24 Mei 2022

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

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

Step 2: Locate Trunk Position

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

Step 3: Legs

 Adjust: 30-60° (+1), 60-90° (+2), 90-120° (+3)

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, Locate score in Table A

Step 5: Add Force/Load Score
 If load < 11 lbs.: +0
 If load > 22 lbs.: +1
 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.

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed.
 4-7 = Medium Risk. Further Investigation. Change Soon.
 8-10 = High Risk. Investigate and Implement Change
 11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:

 Step 8a: Adjust...
 If wrist is bent from midline or twisted: Add +1

Step 9: Locate Wrist Position:

 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.

Step 11: Add Coupling Score
 Well fitting handle and mid range 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

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.

Step 13: Activity Score
 +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

Scores

Table A		Neck											
		1	2	3	4	5	6	7	8	9	10	11	12
Legs	1	1	2	3	4	5	6	7	8	9	10	11	12
Trunk	2	2	3	4	5	6	7	8	9	10	11	12	13
Posture	3	3	4	5	6	7	8	9	10	11	12	13	14
Score	4	4	5	6	7	8	9	10	11	12	13	14	15

Table B		Lower Arm											
		1	2	3	4	5	6	7	8	9	10	11	12
Wrist	1	1	2	3	4	5	6	7	8	9	10	11	12
Upper Arm	2	2	3	4	5	6	7	8	9	10	11	12	13
Score	3	3	4	5	6	7	8	9	10	11	12	13	14

Table C		Score B											
		1	2	3	4	5	6	7	8	9	10	11	12
Score A	1	1	1	1	2	3	4	5	6	7	8	9	10
	2	1	2	3	4	5	6	7	8	9	10	11	12
	3	2	3	4	5	6	7	8	9	10	11	12	13
	4	3	4	5	6	7	8	9	10	11	12	13	14
	5	4	5	6	7	8	9	10	11	12	13	14	15
	6	5	6	7	8	9	10	11	12	13	14	15	16
	7	6	7	8	9	10	11	12	13	14	15	16	17
	8	7	8	9	10	11	12	13	14	15	16	17	18
	9	8	9	10	11	12	13	14	15	16	17	18	19
	10	9	10	11	12	13	14	15	16	17	18	19	20
	11	10	11	12	13	14	15	16	17	18	19	20	21
	12	11	12	13	14	15	16	17	18	19	20	21	22

Table C Score	Activity Score	REBA Score
10	1	11

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 3a: Adjust...
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 4: Look-up Posture Score in Table A

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

Step 5: Add Force/Load Score

Step 6: Score A. Find Row in Table C

Step 7: Score B. Find Column in Table C

Step 8: Activity Score

Step 9: Final Score

Scores

Table A

	1	2	3
Legs	1 2 3 4 1 2 3 4 1 2 3 4	1 2 3 4 1 2 3 4 1 2 3 4	1 2 3 4 1 2 3 4 1 2 3 4
Trunk	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4
Posture	2 2 3 4 5 6 7 8 9 10 11 12	2 2 3 4 5 6 7 8 9 10 11 12	2 2 3 4 5 6 7 8 9 10 11 12
Score	3 3 4 5 6 7 8 9 10 11 12	3 3 4 5 6 7 8 9 10 11 12	3 3 4 5 6 7 8 9 10 11 12

Table B

	1	2	3
Wrist	1 1 2 2 1 2 3	1 1 2 2 1 2 3	1 1 2 2 1 2 3
Upper Arm	2 2 3 3 4 4 5	2 2 3 3 4 4 5	2 2 3 3 4 4 5
Score	3 3 4 4 5 5 6	3 3 4 4 5 5 6	3 3 4 4 5 5 6

Table C

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

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: (Netorjol Aktivitas menderong)

Date: 26 Mei 2022

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score: **2**

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

Step 2: Locate Trunk Position

Trunk Score: **3**

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

Step 3: Legs

Leg Score: **3**

Step 3a: Adjust...
If leg is twisted: +1
If leg is side bending: +1

Step 4: Look-up Posture Score in Table A

Using values from steps 1-3 above, Locate Score in Table A

Neck	Trunk	Legs
1	1	1
1	2	1
1	3	1
1	4	1
1	5	1
2	1	2
2	2	2
2	3	2
2	4	2
2	5	2
3	1	3
3	2	3
3	3	3
3	4	3
3	5	3
4	1	4
4	2	4
4	3	4
4	4	4
4	5	4
5	1	5
5	2	5
5	3	5
5	4	5
5	5	5

Posture Score A: **6**

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

Force / Load Score: **2**

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: **8**

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Upper Arm Score: **3**

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

Step 8: Locate Lower Arm Position:

Lower Arm Score: **2**

Step 9: Locate Wrist Position:

Wrist Score: **3**

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

Upper Arm	Lower Arm	Wrist
1	1	1
1	2	1
1	3	1
1	4	1
1	5	1
2	1	2
2	2	2
2	3	2
2	4	2
2	5	2
3	1	3
3	2	3
3	3	3
3	4	3
3	5	3
4	1	4
4	2	4
4	3	4
4	4	4
4	5	4
5	1	5
5	2	5
5	3	5
5	4	5
5	5	5

Posture Score B: **5**

Step 11: Add Coupling Score

Well fitting Handle and mid rang power grip, good: +0
Acceptable but not ideal hand hold or coupling: +1
Acceptable with another body part, fair: +2
Hand hold not acceptable but possible, poor: +3
No handles, awkward, unsafe with any body part, unacceptable: +4

Coupling Score: **0**

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: **5**

Step 13: Activity Score

+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

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further investigate. Change Soon.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Table A

Neck	Trunk	Legs
1	1	1
1	2	1
1	3	1
1	4	1
1	5	1
2	1	2
2	2	2
2	3	2
2	4	2
2	5	2
3	1	3
3	2	3
3	3	3
3	4	3
3	5	3
4	1	4
4	2	4
4	3	4
4	4	4
4	5	4
5	1	5
5	2	5
5	3	5
5	4	5
5	5	5

Table B

Upper Arm	Lower Arm	Wrist
1	1	1
1	2	1
1	3	1
1	4	1
1	5	1
2	1	2
2	2	2
2	3	2
2	4	2
2	5	2
3	1	3
3	2	3
3	3	3
3	4	3
3	5	3
4	1	4
4	2	4
4	3	4
4	4	4
4	5	4
5	1	5
5	2	5
5	3	5
5	4	5
5	5	5

Table C

Score A	Score B	Activity Score	REBA Score
1	1	1	1
1	2	1	2
1	3	1	3
1	4	1	4
1	5	1	5
2	1	2	3
2	2	2	4
2	3	2	5
2	4	2	6
2	5	2	7
3	1	3	4
3	2	3	5
3	3	3	6
3	4	3	7
3	5	3	8
4	1	4	5
4	2	4	6
4	3	4	7
4	4	4	8
4	5	4	9
5	1	5	6
5	2	5	7
5	3	5	8
5	4	5	9
5	5	5	10
6	1	6	7
6	2	6	8
6	3	6	9
6	4	6	10
6	5	6	11
7	1	7	8
7	2	7	9
7	3	7	10
7	4	7	11
7	5	7	12
8	1	8	9
8	2	8	10
8	3	8	11
8	4	8	12
8	5	8	13
9	1	9	10
9	2	9	11
9	3	9	12
9	4	9	13
9	5	9	14
10	1	10	11
10	2	10	12
10	3	10	13
10	4	10	14
10	5	10	15
11	1	11	12
11	2	11	13
11	3	11	14
11	4	11	15
11	5	11	16
12	1	12	13
12	2	12	14
12	3	12	15
12	4	12	16
12	5	12	17

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above, Locate score in Table A

Score A: 6

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

Score A: 8

Step 6: Score A, Find Row in Table C

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

Scoring

1 = Negligible Risk

2-3 = Low Risk. Change may be needed.

4-7 = Medium Risk. Further Investigate. Change Score.

8-10 = High Risk. Investigate and Implement Change

11+ = Very High Risk. Implement Change

Scores

Table A	Neck	1	2	3
Legs	1	2	3	4
Trunk	1	2	3	4
Posture	1	2	3	4
Score	1	2	3	4

Table B	Lower Arm	1	2	3
Wrist	1	2	3	4
Upper Arm	1	2	3	4
Score	1	2	3	4

Table C	Score A	1	2	3	4	5	6	7	8	9	10	11	12
Score B	1	1	1	1	1	1	1	1	1	1	1	1	1
Score C	1	1	1	1	1	1	1	1	1	1	1	1	1
Score D	1	1	1	1	1	1	1	1	1	1	1	1	1
Score E	1	1	1	1	1	1	1	1	1	1	1	1	1
Score F	1	1	1	1	1	1	1	1	1	1	1	1	1
Score G	1	1	1	1	1	1	1	1	1	1	1	1	1
Score H	1	1	1	1	1	1	1	1	1	1	1	1	1
Score I	1	1	1	1	1	1	1	1	1	1	1	1	1
Score J	1	1	1	1	1	1	1	1	1	1	1	1	1
Score K	1	1	1	1	1	1	1	1	1	1	1	1	1
Score L	1	1	1	1	1	1	1	1	1	1	1	1	1
Score M	1	1	1	1	1	1	1	1	1	1	1	1	1
Score N	1	1	1	1	1	1	1	1	1	1	1	1	1
Score O	1	1	1	1	1	1	1	1	1	1	1	1	1
Score P	1	1	1	1	1	1	1	1	1	1	1	1	1
Score Q	1	1	1	1	1	1	1	1	1	1	1	1	1
Score R	1	1	1	1	1	1	1	1	1	1	1	1	1
Score S	1	1	1	1	1	1	1	1	1	1	1	1	1
Score T	1	1	1	1	1	1	1	1	1	1	1	1	1
Score U	1	1	1	1	1	1	1	1	1	1	1	1	1
Score V	1	1	1	1	1	1	1	1	1	1	1	1	1
Score W	1	1	1	1	1	1	1	1	1	1	1	1	1
Score X	1	1	1	1	1	1	1	1	1	1	1	1	1
Score Y	1	1	1	1	1	1	1	1	1	1	1	1	1
Score Z	1	1	1	1	1	1	1	1	1	1	1	1	1

Table C Score	10	1	11
Activity Score	1	1	11
REBA Score	10	1	11

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:



Step 8a: Adjust...
If wrist is bent from midline or twisted: Add +1

Step 9: Locate Wrist Position:



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: 5

Step 11: Add Coupling Score

Well fitting Handle and mid range 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

Score B: 5

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.

Step 13: Activity Score

+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

28 mei 2021

Task Name: **Prolog 1**
(Aktivitas Mandor)

REBA Employee Assessment Worksheet

ERGONOMICS PLUS

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above, Locate score in Table 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.

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further investigate. Change Score.
8-10 = High Risk. Investigate and implement Change.
11+ = Very High Risk. Implement Change

Scores

Table A	1	2	3
Legs	1 2 3 4 1 2 3 4 1 2 3 4	1 2 3 4 1 2 3 4 1 2 3 4	1 2 3 4 1 2 3 4 1 2 3 4
Trunk	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4
Posture	2 2 3 4 5 3 4 5 6 4 5 6 7	2 2 3 4 5 3 4 5 6 4 5 6 7	2 2 3 4 5 3 4 5 6 4 5 6 7
Score	3 2 4 5 6 4 5 6 7 5 6 7 8	3 2 4 5 6 4 5 6 7 5 6 7 8	3 2 4 5 6 4 5 6 7 5 6 7 8

Table B	1	2
Upper Arm	1 1 2 2 1 2 3	1 1 2 2 1 2 3
Wrist	1 1 2 2 1 2 3	1 1 2 2 1 2 3
Lower Arm	1 1 2 2 1 2 3	1 1 2 2 1 2 3
Score	3 3 4 4 5 4 5 5	3 3 4 4 5 4 5 5

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

Table C Score	10	+	11	=	11
Activity Score					
REBA Score					

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:



Step 9: Locate Wrist Position:



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

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

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.

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

Lampiran 2 REBA Assessment worksheet pekerja 2

1. REBA Assessment worksheet pekerja 2 menurunkan

Task Name: Petaja 2 Date: 29 Mei 2024
(Aktivitas maintenance)

REBA Employee Assessment Worksheet

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

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

Step 2: Locate Trunk Position

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

Step 3: Legs

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, Locate score in Table 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.

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed.
 4-7 = Medium Risk. Further Investigation. Change Soon.
 8-10 = High Risk. Investigate and Implement Change.
 11+ = Very High Risk. Implement Change.

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

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

Step 8: Locate Lower Arm Position:

Step 9: Locate Wrist Position:

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

Step 11: Add Coupling Score
 Well fitting handle and mid range power grip: good: +0
 Acceptable but not ideal hand hold or coupling: fair: +1
 Hand hold not acceptable but possible: poor: +2
 No handles, awkward, unsafe with any body part: unacceptable: +3

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.

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

	Neck											
	1	2	3	4	5	6	7	8	9	10	11	12
Legs	1	2	3	4	5	6	7	8	9	10	11	12
Trunk	1	2	3	4	5	6	7	8	9	10	11	12
Posture	1	2	3	4	5	6	7	8	9	10	11	12
Score	1	2	3	4	5	6	7	8	9	10	11	12

	Lower Arm											
	1	2	3	4	5	6	7	8	9	10	11	12
Wrist	1	2	3	4	5	6	7	8	9	10	11	12
Upper Arm	1	2	3	4	5	6	7	8	9	10	11	12
Score	1	2	3	4	5	6	7	8	9	10	11	12

	Score B											
	1	2	3	4	5	6	7	8	9	10	11	12
Score A	1	1	1	1	1	1	1	1	1	1	1	1
	2	1	2	3	4	5	6	7	8	9	10	11
	3	2	3	4	5	6	7	8	9	10	11	12
	4	3	4	5	6	7	8	9	10	11	12	13
	5	4	5	6	7	8	9	10	11	12	13	14
	6	5	6	7	8	9	10	11	12	13	14	15
	7	6	7	8	9	10	11	12	13	14	15	16
	8	7	8	9	10	11	12	13	14	15	16	17
	9	8	9	10	11	12	13	14	15	16	17	18
	10	9	10	11	12	13	14	15	16	17	18	19
	11	10	11	12	13	14	15	16	17	18	19	20
	12	11	12	13	14	15	16	17	18	19	20	21

	Activity Score											
	1	2	3	4	5	6	7	8	9	10	11	12
Score A	1	1	1	1	1	1	1	1	1	1	1	1
	2	1	2	3	4	5	6	7	8	9	10	11
	3	2	3	4	5	6	7	8	9	10	11	12
	4	3	4	5	6	7	8	9	10	11	12	13
	5	4	5	6	7	8	9	10	11	12	13	14
	6	5	6	7	8	9	10	11	12	13	14	15
	7	6	7	8	9	10	11	12	13	14	15	16
	8	7	8	9	10	11	12	13	14	15	16	17
	9	8	9	10	11	12	13	14	15	16	17	18
	10	9	10	11	12	13	14	15	16	17	18	19
	11	10	11	12	13	14	15	16	17	18	19	20
	12	11	12	13	14	15	16	17	18	19	20	21

Table C Score: **10** + Activity Score: **6** = **16**

REBA Score: **16**

ERGONOMICS

REBA Employee Assessment Worksheet

Task Name: Netra 2 Date: 25 mei 2024

(Aktivitas nonmanual)

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score: 3

Step 2: Locate Trunk Position

Trunk Score: 9

Step 3: Legs

Leg Score: 3

Step 4: Look-up Posture Score in Table A

Using values from steps 1-3 above, Locate Score in Table A

Score A: 6

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

Force/Load Score: 1

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: 9

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigation. Change Score.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Upper Arm Score: 3

Step 8: Locate Lower Arm Position:

Lower Arm Score: 2

Step 9: Locate Wrist Position:

Wrist Score: 2

Step 10: Look-up Posture Score in Table B

Using values from steps 7-9 above, locate score in Table B

Posture Score B: 5

Step 11: Add Coupling Score

Well fitting Handle and mid-range power grip: good: +0
Acceptable but not ideal hand hold or coupling: fair: +1
Hand hold not acceptable but possible: poor: +2
No handles, awkward, unsafe with any body part: unacceptable: +3

Coupling Score: 1

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: 6

Step 13: Activity Score

+1 if 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

Activity Score: 1

Table C

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

Table C Score: 10 + Activity Score: 1 = REBA Score: 11

Task Name: **Notofia 2**
(Aktuator Mekanik)

Date: **16 Mei 2024**

REBA Employee Assessment Worksheet

ERGONOMICS PLUS

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 4: Look-up Posture Score in Table A

Using values from steps 1-3 above. Locate score in Table A

Score A: **7**

Step 5: Add Force/Load Score

If load < 11 lbs.: +0
If load > 22 lbs.: +2
Adjust: If shock or rapid build up of force, add +1 Force / Load Score

Score A: **8**

Step 6: Score A. Find Row in Table C

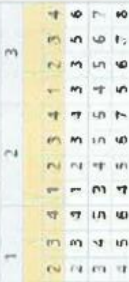
Add values from steps 4 & 5 to obtain Score A. Find Row in Table C.

Score A: **8**

Scoring:
1 - Negligible Risk
2-3 - Low Risk. Change may be needed.
4-7 - Medium Risk. Further Investigate. Change Score.
8-10 - High Risk. Investigate and Implement Change
11+ - Very High Risk. Implement Change

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position



Step 8a. Adjust...
If wrist is bent from midline or twisted: Add +1

Step 9: Locate Wrist Position



Step 10: Look-up Posture Score in Table B

Using values from steps 7-9 above. Locate score in Table B

Score B: **5**

Step 11: Add Coupling Score

Well fitting handle and mid range 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

Score B: **6**

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: **6**

Step 13: Activity Score

+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 table

Activity Score: **11**

Table A

Legs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
------	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

Table B

Wrist	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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Table C

Score A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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Table D

Score A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---------	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

Table E

Score A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---------	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

Table F

Score A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---------	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Neteja 2
(Aktifitas mentoring)

Date: 27 Mei 2024

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



Neck Score: 3

Step 2: Locate Trunk Position



Trunk Score: 4

Step 3: Legs



Leg Score: 3

Step 4: Look-up Posture Score in Table A

Using values from steps 1-3 above. Locate score in Table A

Posture Score A: 8

Force / Load Score: 1

Score A: 9

Step 5: Add Force/Load Score

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

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

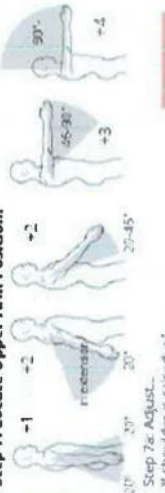
Score A: 9

Score A: 9

Score A: 9

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:



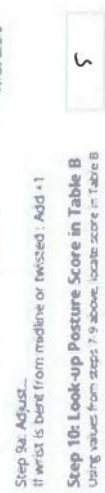
Upper Arm Score: 3

Step 8: Locate Lower Arm Position:



Lower Arm Score: 2

Step 9: Locate Wrist Position:



Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Wrist Score: 2

Scores

Legs	1	2	3	4	5	6	7	8	9
Neck	1	2	3	4	5	6	7	8	9
1	1	2	3	4	5	6	7	8	9
2	2	3	4	5	6	7	8	9	10
3	3	4	5	6	7	8	9	10	11
4	4	5	6	7	8	9	10	11	12
5	5	6	7	8	9	10	11	12	13
6	6	7	8	9	10	11	12	13	14
7	7	8	9	10	11	12	13	14	15
8	8	9	10	11	12	13	14	15	16
9	9	10	11	12	13	14	15	16	17

Upper Arm	1	2	3	4	5	6	7	8	9
Lower Arm	1	2	3	4	5	6	7	8	9
1	1	2	3	4	5	6	7	8	9
2	2	3	4	5	6	7	8	9	10
3	3	4	5	6	7	8	9	10	11
4	4	5	6	7	8	9	10	11	12
5	5	6	7	8	9	10	11	12	13
6	6	7	8	9	10	11	12	13	14
7	7	8	9	10	11	12	13	14	15
8	8	9	10	11	12	13	14	15	16
9	9	10	11	12	13	14	15	16	17

Score A	1	2	3	4	5	6	7	8	9	10	11	12
Score B	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	3	4	5	6	7	8	9	10	11	12	13
3	3	4	5	6	7	8	9	10	11	12	13	14
4	4	5	6	7	8	9	10	11	12	13	14	15
5	5	6	7	8	9	10	11	12	13	14	15	16
6	6	7	8	9	10	11	12	13	14	15	16	17
7	7	8	9	10	11	12	13	14	15	16	17	18
8	8	9	10	11	12	13	14	15	16	17	18	19
9	9	10	11	12	13	14	15	16	17	18	19	20
10	10	11	12	13	14	15	16	17	18	19	20	21
11	11	12	13	14	15	16	17	18	19	20	21	22
12	12	13	14	15	16	17	18	19	20	21	22	23

Table C Score	1	2	3	4	5	6	7	8	9	10	11	12
Activity Score	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	3	4	5	6	7	8	9	10	11	12	13
3	3	4	5	6	7	8	9	10	11	12	13	14
4	4	5	6	7	8	9	10	11	12	13	14	15
5	5	6	7	8	9	10	11	12	13	14	15	16
6	6	7	8	9	10	11	12	13	14	15	16	17
7	7	8	9	10	11	12	13	14	15	16	17	18
8	8	9	10	11	12	13	14	15	16	17	18	19
9	9	10	11	12	13	14	15	16	17	18	19	20
10	10	11	12	13	14	15	16	17	18	19	20	21
11	11	12	13	14	15	16	17	18	19	20	21	22
12	12	13	14	15	16	17	18	19	20	21	22	23

Table C Score: 11 + Activity Score: 1 = REBA Score: 12

Scoring:
1 - Negligible Risk
2-3 - Low Risk. Change may be needed.
4-7 - Medium Risk. Further Investigation. Change Soon.
8-10 - High Risk. Investigate and Implement Change.
11+ - Very High Risk. Implement Change

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Petrol 2
(Aktivitas pemadangan)

Date: 20 Mei 2022

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score: 3

Step 2: Locate Trunk Position

Trunk Score: 3

Step 3: Legs

Leg Score: 3

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Upper Arm Score: 3

Step 8: Locate Lower Arm Position:

Lower Arm Score: 2

Step 9: Locate Wrist Position:

Wrist Score: 3

Table A: Neck

Neck	1	2	3
Legs	1	2	3
Trunk	1	2	3
Posture	1	2	3
Score	1	2	3

Table B: Lower Arm

Lower Arm	1	2
Wrist	1	2
Upper Arm	1	2
Score	1	2

Table C: Score

Score	1	2	3	4	5	6	7	8	9	10	11	12
Neck	1	2	3	4	5	6	7	8	9	10	11	12
Trunk	1	2	3	4	5	6	7	8	9	10	11	12
Legs	1	2	3	4	5	6	7	8	9	10	11	12
Score	1	2	3	4	5	6	7	8	9	10	11	12

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigation. Change Soon.
8-10 = High Risk. Investigate and Implement Change
11-12 = Very High Risk. Implement Change

2. REBA Assessment worksheet pekerja 2 mengangkat

Task Name: Pekerja 2 Date: 29 Mei 2021
(Abdulhas Mingsan)

REBA Employee Assessment Worksheet

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Step 2: Locate Trunk Position

Step 3: Legs

Step 4: Look-up Posture Score in Table A
 Using values from steps 1, 2, 3 above, Locate Score in Table 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.

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Step 8: Locate Lower Arm Position:

Step 9: Locate Wrist Position:

Step 10: Look-up Posture Score in Table B
 Using values from steps 7, 8, 9 above, locate score in Table B.

Step 11: Add Coupling Score
 Well fitting Handle and mid range power grip: good: +0
 Acceptable but not ideal hand hold or coupling with another body part: fair: +1
 Hand hold not acceptable but possible: poor: +2
 No handles, awkward, unstable with any body part: Unacceptable: +3

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.

Step 13: Activity Score
 +1 1 or more body parts are held for longer than 1 minute (static)
 +1 Repeated small range changes (more than 6x per minute)
 +1 Action causes rapid large range changes in postures or unstable base

Table A												
	Neck											
	1	2	3	4	5	6	7	8	9	10	11	12
Legs	1	2	3	4	5	6	7	8	9	10	11	12
Trunk	1	2	3	4	5	6	7	8	9	10	11	12
Posture	1	2	3	4	5	6	7	8	9	10	11	12
Score	1	2	3	4	5	6	7	8	9	10	11	12

Table B												
	Lower Arm											
	1	2	3	4	5	6	7	8	9	10	11	12
Wrist	1	2	3	4	5	6	7	8	9	10	11	12
Upper	1	2	3	4	5	6	7	8	9	10	11	12
Arm	1	2	3	4	5	6	7	8	9	10	11	12
Score	1	2	3	4	5	6	7	8	9	10	11	12

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

Table C Score	11	+	1	=	12	REBA Score
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Table C Score	11	+	1	=	12	REBA Score
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A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



Neck Score

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

Step 2: Locate Trunk Position



Trunk Score

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

Step 3: Legs



Leg Score

Step 3a: Adjust...
If leg is bent from midline or twisted: Add +1

Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above, locate score in Table 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.

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigate. Change Score.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:



Upper Arm Score

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

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

Step 11: Add Coupling Score

Well fitting Handle and mid ring 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, unstable with any body part: Unacceptable: +3

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.

Step 13: Activity Score

+1 or more body parts are held for longer than 1 minute (static)
+1 Repeated small range actions (more than 4s per minute)
+1 Action causes rapid large range changes in postures or unstable base

Scores

Table A	1	2	3
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Legs	1	2	3	4	5	6	7	8	9
------	---	---	---	---	---	---	---	---	---

Trunk Posture	1	2	3	4	5	6	7	8	9
---------------	---	---	---	---	---	---	---	---	---

Neck	1	2	3
------	---	---	---

Upper Arm	1	2	3	4	5	6	7	8	9
-----------	---	---	---	---	---	---	---	---	---

Lower Arm	1	2	3	4	5	6	7	8	9
-----------	---	---	---	---	---	---	---	---	---

Wrist	1	2	3	4	5	6	7	8	9
-------	---	---	---	---	---	---	---	---	---

Upper Arm Score	1	2	3	4	5	6	7	8	9
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Lower Arm Score	1	2	3	4	5	6	7	8	9
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Wrist Score	1	2	3	4	5	6	7	8	9
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Score A	1	2	3	4	5	6	7	8	9
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Score B	1	2	3	4	5	6	7	8	9
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Score C	1	2	3	4	5	6	7	8	9
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Activity Score	1	2	3	4	5	6	7	8	9
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Table C Score	1	2	3	4	5	6	7	8	9
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REBA Score	1	2	3	4	5	6	7	8	9
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Score A	1	2	3	4	5	6	7	8	9
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Score B	1	2	3	4	5	6	7	8	9
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Score C	1	2	3	4	5	6	7	8	9
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Activity Score	1	2	3	4	5	6	7	8	9
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Table C Score	1	2	3	4	5	6	7	8	9
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REBA Score	1	2	3	4	5	6	7	8	9
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Score A	1	2	3	4	5	6	7	8	9
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Score B	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Score C	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Activity Score	1	2	3	4	5	6	7	8	9
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Table C Score	1	2	3	4	5	6	7	8	9
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REBA Score	1	2	3	4	5	6	7	8	9
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Score A	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Score B	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Score C	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Activity Score	1	2	3	4	5	6	7	8	9
----------------	---	---	---	---	---	---	---	---	---

Table C Score	1	2	3	4	5	6	7	8	9
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REBA Score	1	2	3	4	5	6	7	8	9
------------	---	---	---	---	---	---	---	---	---

Score A	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Score B	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Score C	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Activity Score	1	2	3	4	5	6	7	8	9
----------------	---	---	---	---	---	---	---	---	---

Table C Score	1	2	3	4	5	6	7	8	9
---------------	---	---	---	---	---	---	---	---	---

REBA Score	1	2	3	4	5	6	7	8	9
------------	---	---	---	---	---	---	---	---	---

Score A	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Score B	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

Score C	1	2	3	4	5	6	7	8	9
---------	---	---	---	---	---	---	---	---	---

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score

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

Step 2: Locate Trunk Position

Trunk Score

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

Step 3: Legs

Leg Score

Adjust: 30-60° Add +1
Adjust: 60-90° Add +2

Step 4: Look-up Posture Score in Table A

Using values from steps 1-3 above. Locate score in Table A

Score A

Posture Score A

Force / Load Score

Score B

Score C

Score D

Score E

Score F

Score G

Score H

Score I

Score J

Score K

Score L

Score M

Score N

Score O

Score P

Score Q

Score R

Score S

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position

Upper Arm Score

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

Step 8: Locate Lower Arm Position

Lower Arm Score

Step 8a: Adjust...
If wrist is bent from midline or twisted: Add +1

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

Score B

Posture Score B

Coupling Score

Score C

Score D

Score E

Score F

Score G

Score H

Score I

Score J

Score K

Score L

Score M

Score N

Score O

Score P

Score Q

Score R

Score S

Score T

Step 13: Activity Score

Activity Score

Step 13a: Adjust...
If 1 or more body parts are held for longer than 1 minute (static): +1
If 1 or more body parts are held for longer than 4x per minute: +1
If 1 or more body parts are held for longer than 4x per minute: +1

Step 14: Activity Score

Activity Score

Step 14a: Adjust...
If 1 or more body parts are held for longer than 1 minute (static): +1
If 1 or more body parts are held for longer than 4x per minute: +1
If 1 or more body parts are held for longer than 4x per minute: +1

Step 15: Activity Score

Activity Score

Step 15a: Adjust...
If 1 or more body parts are held for longer than 1 minute (static): +1
If 1 or more body parts are held for longer than 4x per minute: +1
If 1 or more body parts are held for longer than 4x per minute: +1

Step 16: Activity Score

Using values from steps 10-12 above. Locate score in Table C

Score C

Score D

Score E

Score F

Score G

Score H

Score I

Score J

Score K

Score L

Score M

Score N

Score O

Score P

Score Q

Score R

Score S

Score T

Score U

Score V

Score W

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Proteksi 2
(Aktivitas mengangkat)

Date: 27 Mei 2022

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 3a: Adjust...
If leg is twisted: +1
If leg is side bending: +1

Step 4: Look-up Posture Score in Table A

Using values from steps 1-3 above, Locate score in Table 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.

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigate, Change Score.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:



Step 8a: Adjust...
If wrist is bent from midline or twisted: Add +1

Step 9: Locate Wrist Position:



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

Step 11: Add Coupling Score

Well fitting handle and mid range power grip: good: +0
Acceptable but not ideal hand hold or coupling: fair: +1
Hand hold not acceptable but possible: poor: +2
No handles, awkward, unsafe with any body part, unacceptable: +3

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.

Step 13: Activity Score

+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

Scores

Table A	1	2	3
Legs	1 2 3 4 1 2 3 4 1 2 3 4	1 2 3 4 1 2 3 4 1 2 3 4	1 2 3 4 1 2 3 4 1 2 3 4
Trunk	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4
Posture	2 2 3 4 5 6 7 8 9 10 11 12	2 2 3 4 5 6 7 8 9 10 11 12	2 2 3 4 5 6 7 8 9 10 11 12
Score	3 4 5 6 7 8 9 10 11 12	3 4 5 6 7 8 9 10 11 12	3 4 5 6 7 8 9 10 11 12

Table B	1	2	3
Wrist	1 1 2 3 1 2 3	1 1 2 3 1 2 3	1 1 2 3 1 2 3
Upper Arm	2 2 3 4 2 3 4	2 2 3 4 2 3 4	2 2 3 4 2 3 4
Lower Arm	3 3 4 5 3 4 5	3 3 4 5 3 4 5	3 3 4 5 3 4 5
Score	4 5 6 7 8 9 10	4 5 6 7 8 9 10	4 5 6 7 8 9 10

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

11	+	1	=	12
Table C Score		Activity Score		REBA Score

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Potongan 2 28 Mei 2022
(Aktivitas menggarut)

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score

1 = 0-20°
2 = 20-30°
3 = 30-40°
4 = 40-50°
5 = 50-60°
6 = 60-70°
7 = 70-80°
8 = 80-90°
9 = 90-100°
10 = 100-110°
11 = 110-120°
12 = 120-130°
13 = 130-140°
14 = 140-150°
15 = 150-160°
16 = 160-170°
17 = 170-180°
18 = 180-190°
19 = 190-200°
20 = 200-210°
21 = 210-220°
22 = 220-230°
23 = 230-240°
24 = 240-250°
25 = 250-260°
26 = 260-270°
27 = 270-280°
28 = 280-290°
29 = 290-300°
30 = 300-310°
31 = 310-320°
32 = 320-330°
33 = 330-340°
34 = 340-350°
35 = 350-360°

Step 2: Locate Trunk Position

Trunk Score

1 = 0-20°
2 = 20-30°
3 = 30-40°
4 = 40-50°
5 = 50-60°
6 = 60-70°
7 = 70-80°
8 = 80-90°
9 = 90-100°
10 = 100-110°
11 = 110-120°
12 = 120-130°
13 = 130-140°
14 = 140-150°
15 = 150-160°
16 = 160-170°
17 = 170-180°
18 = 180-190°
19 = 190-200°
20 = 200-210°
21 = 210-220°
22 = 220-230°
23 = 230-240°
24 = 240-250°
25 = 250-260°
26 = 260-270°
27 = 270-280°
28 = 280-290°
29 = 290-300°
30 = 300-310°
31 = 310-320°
32 = 320-330°
33 = 330-340°
34 = 340-350°
35 = 350-360°

Step 3: Legs

Leg Score

1 = 0-20°
2 = 20-30°
3 = 30-40°
4 = 40-50°
5 = 50-60°
6 = 60-70°
7 = 70-80°
8 = 80-90°
9 = 90-100°
10 = 100-110°
11 = 110-120°
12 = 120-130°
13 = 130-140°
14 = 140-150°
15 = 150-160°
16 = 160-170°
17 = 170-180°
18 = 180-190°
19 = 190-200°
20 = 200-210°
21 = 210-220°
22 = 220-230°
23 = 230-240°
24 = 240-250°
25 = 250-260°
26 = 260-270°
27 = 270-280°
28 = 280-290°
29 = 290-300°
30 = 300-310°
31 = 310-320°
32 = 320-330°
33 = 330-340°
34 = 340-350°
35 = 350-360°

Step 4: Look-up Posture Score in Table A

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

Score A = 7

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

Score A = 9

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 = 9

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigation. Change Soon.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position

Upper Arm Score

1 = 0-20°
2 = 20-30°
3 = 30-40°
4 = 40-50°
5 = 50-60°
6 = 60-70°
7 = 70-80°
8 = 80-90°
9 = 90-100°
10 = 100-110°
11 = 110-120°
12 = 120-130°
13 = 130-140°
14 = 140-150°
15 = 150-160°
16 = 160-170°
17 = 170-180°
18 = 180-190°
19 = 190-200°
20 = 200-210°
21 = 210-220°
22 = 220-230°
23 = 230-240°
24 = 240-250°
25 = 250-260°
26 = 260-270°
27 = 270-280°
28 = 280-290°
29 = 290-300°
30 = 300-310°
31 = 310-320°
32 = 320-330°
33 = 330-340°
34 = 340-350°
35 = 350-360°

Step 8: Locate Lower Arm Position

Lower Arm Score

1 = 0-20°
2 = 20-30°
3 = 30-40°
4 = 40-50°
5 = 50-60°
6 = 60-70°
7 = 70-80°
8 = 80-90°
9 = 90-100°
10 = 100-110°
11 = 110-120°
12 = 120-130°
13 = 130-140°
14 = 140-150°
15 = 150-160°
16 = 160-170°
17 = 170-180°
18 = 180-190°
19 = 190-200°
20 = 200-210°
21 = 210-220°
22 = 220-230°
23 = 230-240°
24 = 240-250°
25 = 250-260°
26 = 260-270°
27 = 270-280°
28 = 280-290°
29 = 290-300°
30 = 300-310°
31 = 310-320°
32 = 320-330°
33 = 330-340°
34 = 340-350°
35 = 350-360°

Step 9: Locate Wrist Position

Wrist Score

1 = 0-20°
2 = 20-30°
3 = 30-40°
4 = 40-50°
5 = 50-60°
6 = 60-70°
7 = 70-80°
8 = 80-90°
9 = 90-100°
10 = 100-110°
11 = 110-120°
12 = 120-130°
13 = 130-140°
14 = 140-150°
15 = 150-160°
16 = 160-170°
17 = 170-180°
18 = 180-190°
19 = 190-200°
20 = 200-210°
21 = 210-220°
22 = 220-230°
23 = 230-240°
24 = 240-250°
25 = 250-260°
26 = 260-270°
27 = 270-280°
28 = 280-290°
29 = 290-300°
30 = 300-310°
31 = 310-320°
32 = 320-330°
33 = 330-340°
34 = 340-350°
35 = 350-360°

Step 10: Look-up Posture Score in Table B

Using values from steps 7-9 above, locate score in Table B

Posture Score B = 5

Step 11: Add Coupling Score

Well fitting Handle and mid range 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, unstable with any body part, unacceptable: +3

Coupling Score = 2

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 = 7

Step 13: Activity Score

+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

3. REBA Assessment worksheet pekerja 2 mendorong

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

TASK NAME: **Pekerja 2 (Aktivitas mendorong)**

DATE: **29 Mei 2017**

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

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

Step 2: Locate Trunk Position

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

Step 3: Legs

 Step 3a: Adjust...
 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 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, Locate score in Table 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.

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed.
 4-7 = Medium Risk. Further Investigate. Change Soon.
 8-10 = High Risk. Investigate and Implement Change
 11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:

 Step 8a: Adjust...
 If wrist is bent from midline or twisted: Add +1

Step 9: Locate Wrist Position:

 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

Step 11: Add Coupling Score
 Well fitting Handle and mid range power grip: **good: +0**
 Acceptable but not ideal hand hold or coupling: **fair: +1**
 Hand hold not acceptable but possible: **poor: +2**
 No handles, awkward, unsafe with any body part: **Unacceptable: +3**

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.

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 4s per minute)
 +1 Action causes rapid large range changes in postures or unstable base

Scores

Table A		Neck															
		1			2			3			4			5			
Legs	1	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Trunk	2	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Posture	3	2	3	4	5	2	3	4	5	2	3	4	5	2	3	4	5
Score	4	3	4	5	6	4	5	6	7	5	6	7	8	6	7	8	9
	5	4	5	6	7	5	6	7	8	6	7	8	9	7	8	9	10

Table B		Lower Arm															
		1			2			3			4			5			
Wrist	1	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	4
Upper Arm	2	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	4
Score	3	2	3	4	2	3	4	2	3	4	2	3	4	2	3	4	5
	4	3	4	5	3	4	5	3	4	5	3	4	5	3	4	5	6
	5	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	7
	6	5	6	7	5	6	7	5	6	7	5	6	7	5	6	7	8
	7	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	9

Table C		Score B														
		1			2			3			4			5		
Score A	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	3	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	4	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
	5	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	6	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	7	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	8	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
	9	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
	10	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
	11	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	12	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

Table C Score	Activity Score	REBA Score
10	1	11

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

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

Neck Score
3

Step 2: Locate Trunk Position

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

Trunk Score
3

Step 3: Legs

Adjust:
30-60°: +1
60-90°: +2
90-120°: +3

Leg Score
3

Step 4: Look-up Posture Score in Table A

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

Posture Score A
6

Step 5: Add Force/Load Score

If load < 11 lbs.: +0
If load 11 to 22 lbs.: +1
If load > 22 lbs.: +2

Force / Load Score
0

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
8

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigation. Change Soon.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Scores

Table A		Neck		
		1	2	3
Legs	1	1	2	3
	2	2	3	4
	3	3	4	5
	4	4	5	6
	5	5	6	7
Trunk	1	1	2	3
	2	2	3	4
	3	3	4	5
	4	4	5	6
	5	5	6	7
Posture	1	1	2	3
	2	2	3	4
	3	3	4	5
	4	4	5	6
	5	5	6	7
Score	1	1	2	3
	2	2	3	4
	3	3	4	5
	4	4	5	6
	5	5	6	7

Table B		Lower Arm		
		1	2	3
Wrist	1	1	2	3
	2	2	3	4
	3	3	4	5
	4	4	5	6
	5	5	6	7
Upper Arm	1	1	2	3
	2	2	3	4
	3	3	4	5
	4	4	5	6
	5	5	6	7
Score	1	1	2	3
	2	2	3	4
	3	3	4	5
	4	4	5	6
	5	5	6	7

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

10	+	1	=	11
Table C score		Activity Score		REBA Score

B. Arm and Wrist Analysis

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
4

Step 8: Locate Lower Arm Position:

Step 8a: Adjust...
If wrist is bent from midline or twisted: Add +1

Lower Arm Score
2

Step 9: Locate Wrist Position:

Step 9a: Adjust...
If wrist is bent from midline or twisted: Add +1

Wrist Score
3

Step 10: Look-up Posture Score in Table B

Using values from steps 7-9 above, locate score in Table B

Posture Score B
7

Step 11: Add Coupling Score

Well fitting handle and mid range power grip, good: +0
Acceptable but not ideal hand hold or coupling: +1
Hand hold not acceptable but possible, poor: +2
No handles, awkward, unsafe with any body part, unacceptable: +3

Coupling Score
0

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
7

Step 13: Activity Score

+1 or more body parts are held for longer than 1 minute (static)
+1 Repeated small range actions (more than 4s per minute)
+1 Action causes rapid large range changes in postures or unstable base

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above.
Locate score in Table 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.

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigate. Change Soon.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Scores

Table A	Neck											
	1	2	3	4	1	2	3	4	1	2	3	4
Legs	1	2	3	4	1	2	3	4	1	2	3	4
Trunk	1	2	3	4	1	2	3	4	1	2	3	4
Posture	1	2	3	4	1	2	3	4	1	2	3	4
Score	1	2	3	4	1	2	3	4	1	2	3	4

Table B	Lower Arm											
	1	2	3	4	1	2	3	4	1	2	3	4
Wrist	1	2	3	4	1	2	3	4	1	2	3	4
Upper Arm	1	2	3	4	1	2	3	4	1	2	3	4
Score	1	2	3	4	1	2	3	4	1	2	3	4

Table C	Score B											
Score A	1	2	3	4	5	6	7	8	9	10	11	12
1	1	1	1	2	3	4	5	6	7	8	9	10
2	1	2	3	4	5	6	7	8	9	10	11	12
3	2	3	4	5	6	7	8	9	10	11	12	13
4	3	4	5	6	7	8	9	10	11	12	13	14
5	4	5	6	7	8	9	10	11	12	13	14	15
6	5	6	7	8	9	10	11	12	13	14	15	16
7	6	7	8	9	10	11	12	13	14	15	16	17
8	7	8	9	10	11	12	13	14	15	16	17	18
9	8	9	10	11	12	13	14	15	16	17	18	19
10	9	10	11	12	13	14	15	16	17	18	19	20
11	10	11	12	13	14	15	16	17	18	19	20	21
12	11	12	13	14	15	16	17	18	19	20	21	22

Table C Score	10	+	1	=	11	REBA Score
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B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position



Step 9: Locate Wrist Position



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

Step 11: Add Coupling Score

Well fitting Handle and mid range 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

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.

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

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

10-20° +1
20° +2
30-40° +3
40-50° +4

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

Neck Score: 2

Step 2: Locate Trunk Position

10-20° +1
20° +2
30-40° +3
40-50° +4

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

Trunk Score: 3

Step 3: Legs

Adjust: 30-50° +1
50-60° +2
60-70° +3
70-80° +4

Leg Score: 4

Step 4: Look-up Posture Score in Table A

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

Posture Score A: 7

Force / Load Score: 2

Score A: 9

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

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

Score A: 9

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

20° +1
20-45° +2
45-90° +3
90° +4

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: 3

Step 8: Locate Lower Arm Position:

10-20° +1
20-45° +2
45-90° +3
90° +4

Lower Arm Score: 2

Step 9: Locate Wrist Position:

10-20° +1
20-45° +2
45-90° +3
90° +4

Wrist Score: 3

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: 5

Force / Load Score: 1

Score B: 6

Score B: 6

Score B: 6

Score B: 6

Score B: 6

Score B: 6

Score B: 6

Score B: 6

Score B: 6

Score B: 6

Score B: 6

Score B: 6

Scores

Table A	Legs	Trunk	Neck
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12

Table B	Wrist	Lower Arm
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Table AA	Score A	Score B
1	1	1
2	2	2

ERGONOMICS

REBA Employee Assessment Worksheet

Task Name: Petanya 2 (Aktifitas mengobrol)

Date: 28 Mei 2022

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

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

Step 2: Locate Trunk Position

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

Step 3: Legs

 Step 3a: Adjust...
 If leg is bent from midline or twisted: Add +1

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, Locate score in Table 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.

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed.
 4-7 = Medium Risk. Further Investigation. Change Soon.
 8-10 = High Risk. Investigate and Implement Change
 11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position

 Step 8a: Adjust...
 If wrist is bent from midline or twisted: Add +1

Step 9: Locate Wrist Position

 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

Step 11: Add Coupling Score
 Well fitting Handle and mid range power grip, good: +0
 Acceptable but not ideal hand hold or coupling: +1
 Hand hold not acceptable but possible: poor: +2
 No handles, awkward, unsafe with any body part: Unacceptable: +3

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.

Step 13: Activity Score
 +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

Scores

Table A	1	2	3
Neck	1	2	3
Trunk	1	2	3
Legs	1	2	3
Force/Load	1	2	3
Score A	1	2	3

Table B

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

Table C

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

Activity Score

10 + 1 = 11

REBA Score

11

Lampiran 3 REBA Assessment worksheet pekerja 3

1. REBA Assessment worksheet pekerja 3 mendorong

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Pekerja 3 (Aktifitas mendorong)

Date: 24 Mei 2022

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

 Neck Score: 3

Step 2: Locate Trunk Position

 Trunk Score: 3

Step 3: Legs

 Leg Score: 4

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, Locate score in Table A

Score A	1	2	3	4	5
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5

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	1	2	3	4	5
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed.
 4-7 = Medium Risk. Further Investigation. Change Soon.
 8-10 = High Risk. Investigate and Implement Change.
 11+ = Very High Risk. Implement Change.

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

 Upper Arm Score: 4

Step 8: Locate Lower Arm Position:

 Lower Arm Score: 2

Step 9: Locate Wrist Position:

 Wrist Score: 3

Step 10: Look-up Posture Score in Table B
 Using values from steps 7-9 above, locate score in Table B

Score B	1	2	3	4	5
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5

Step 11: Add Coupling Score
 Well fitting Handle and mid ring power grip, good: +0
 Acceptable but not ideal hand hold or coupling: +1
 Hand hold not acceptable but possible, poor: +2
 No handles, awkward, unsafe with any body part, unacceptable: +3

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	1	2	3	4	5
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5

Step 13: Activity Score
 +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

Final Scores:

Neck Score: 3

Trunk Score: 3

Leg Score: 4

Upper Arm Score: 4

Lower Arm Score: 2

Wrist Score: 3

Table A Score: 11

Table B Score: 7

Table C Score: 12

Activity Score: 1

REBA Score: 12

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above, Locate Score in Table 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.

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further investigate. Change Score.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Scores

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

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

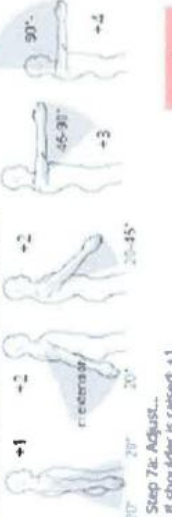
Table C													
Score A		Score B											
		1	2	3	4	5	6	7	8	9	10	11	12
1	1	1	1	2	3	4	5	6	7	7	7	7	7
2	2	2	2	3	4	4	5	6	6	7	7	8	8
3	3	2	3	3	3	4	5	6	7	7	8	8	8
4	4	4	4	4	4	5	6	7	8	8	9	9	9
5	5	4	4	4	5	5	7	8	8	9	9	9	9
6	6	6	6	6	7	8	9	9	10	10	10	10	10
7	7	7	7	8	9	9	9	10	10	11	11	11	11
8	8	8	8	8	9	10	10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

10	+	1	=	11
----	---	---	---	----

Table C Score Activity Score REBA Score

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position



Step 9: Locate Wrist Position



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

Step 11: Add Coupling Score

Well fitting Handle and mid range power grip, good: +0
Acceptable but not ideal hand hold or coupling: +1
Hand hold not acceptable but possible, fair: +2
No handles, awkward, unsafe with any body part, unacceptable: +3

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.

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

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



Neck Score

2

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

Step 2: Locate Trunk Position



Trunk Score

3

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

Step 3: Legs



Leg Score

4

Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above, Locate score in Table 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

Posture Score A

7

Step 6: Score A, Find Row in Table C

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

Scoring

- 1 = Negligible Risk
- 2-3 = Low Risk. Change may be needed.
- 4-7 = Medium Risk. Further Investigate, Change Soon.
- 8-10 = High Risk. Investigate and Implement Change
- 11+ = Very High Risk. Implement Change

Scores

Table A		Neck						
		1		2		3		
Legs	1	2	3	4	1	2	3	4
	2	1	2	3	4	5	3	5
	3	2	3	4	5	6	4	6
	4	3	4	5	6	7	5	7
	5	4	5	6	7	8	6	8
Trunk	1	2	3	4	5	6	7	8
	2	3	4	5	6	7	8	9
	3	4	5	6	7	8	9	10
	4	5	6	7	8	9	10	11
	5	6	7	8	9	10	11	12
Posture	1	2	3	4	5	6	7	8
	2	3	4	5	6	7	8	9
	3	4	5	6	7	8	9	10
	4	5	6	7	8	9	10	11
	5	6	7	8	9	10	11	12
Score	1	2	3	4	5	6	7	8
	2	3	4	5	6	7	8	9
	3	4	5	6	7	8	9	10
	4	5	6	7	8	9	10	11
	5	6	7	8	9	10	11	12

2. REBA Assessment worksheet pekerja 3 mengangkat

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: **Pekerja 3 (Aktifitas mengangkat)**

Date: **29 Mei 2022**

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score: 3

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

Step 2: Locate Trunk Position

Trunk Score: 4

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

Step 3: Legs

Leg Score: 3

Step 3a: Adjust...
 If leg is bent from midline or twisted: Add +1

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, Locate score in Table 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.

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed.
 4-7 = Medium Risk. Further Investigate. Change Score.
 8-10 = High Risk. Investigate and Implement Change.
 11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Upper Arm Score: 4

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

Step 8: Locate Lower Arm Position:

Lower Arm Score: 1

Step 9: Locate Wrist Position:

Wrist Score: 3

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

Step 11: Add Coupling Score
 Well fitting Handle and mid range power grip: +0
 Acceptable but not ideal hand hold or coupling: +1
 Hand hold not acceptable but possible, poor: +2
 No handles, awkward, unsafe with any body part, Unacceptable: +3

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.

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

Scores

	Neck									
	1	2	3	4	5	6	7	8	9	10
Table A	1	2	3	4	5	6	7	8	9	10

	Lower Arm									
	1	2	3	4	5	6	7	8	9	10
Table B	1	2	3	4	5	6	7	8	9	10

	Table C									
	1	2	3	4	5	6	7	8	9	10
Score A	1	2	3	4	5	6	7	8	9	10

	Table C									
	1	2	3	4	5	6	7	8	9	10
Score B	1	2	3	4	5	6	7	8	9	10

Table C Score	Activity Score	REBA Score
11	1	12

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

16-20°
+1
-2
Neck Score
2

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

Step 2: Locate Trunk Position

0-20°
+1
+2
+3
+4
Trunk Score
4

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

Step 3: Legs

Adjust: 35-60°
+1
+2
Leg Score
3

Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above.
Locate score in Table 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
9

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further investigate. Change Score.
8-10 = High Risk. Investigate and implement Change
11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

+1
+2
+3
+4
Upper Arm Score
3

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

Step 8: Locate Lower Arm Position:

+1
+2
Lower Arm Score
2

Step 9: Locate Wrist Position:
+1
+2
Wrist Score
2

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

Step 11: Add Coupling Score

Well fitting Handle and mid rang power grip, good: +0
Acceptable but not ideal hand hold or coupling: +1
Hand hold not acceptable but possible, poor: +2
No handles, awkward, unsafe with any body part: Unacceptable: +3

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.

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 4s per minute)
+1 Action causes rapid large range changes in postures or unstable base

Scores

Table A		Neck	
		1	2
Legs	1	2	3
	2	3	4
	3	4	5
	4	5	6
	5	6	7
Trunk	1	2	3
	2	3	4
	3	4	5
	4	5	6
	5	6	7
Posture	1	2	3
	2	3	4
	3	4	5
	4	5	6
	5	6	7
Score	1	2	3
	2	3	4
	3	4	5
	4	5	6
	5	6	7

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above, Locate score in Table 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.

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further investigate. Change Soon.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Scores

Table A	1	2	3
Legs	1 2 3 4 1 2 3 4 1 2 3 4	1 2 3 4 1 2 3 4 1 2 3 4	1 2 3 4 1 2 3 4 1 2 3 4
Trunk	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4
Posture	2 2 3 4 5 5 6 7 8 8 9 9	2 2 3 4 5 5 6 7 8 8 9 9	2 2 3 4 5 5 6 7 8 8 9 9
Score	3 3 4 5 6 7 8 9 10 11 12	3 3 4 5 6 7 8 9 10 11 12	3 3 4 5 6 7 8 9 10 11 12

Table B	1	2	3
Upper Arm	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4
Lower Arm	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4
Wrist	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4	1 1 2 3 4 1 2 3 4 1 2 3 4
Score	3 3 4 5 6 7 8 9 10 11 12	3 3 4 5 6 7 8 9 10 11 12	3 3 4 5 6 7 8 9 10 11 12

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

Table C Score	Activity Score	REBA Score
10	1	11

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:



Step 9: Locate Wrist Position:



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

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

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.

Step 13: Activity Score

+1 or more body parts are held for longer than 1 minute (static)
+1 Repeated small range changes (more than 4s per minute)
+1 Action causes rapid large range changes in postures or unstable base

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

10-20° 0-20° 0-20°

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

Neck Score: **2**

Step 2: Locate Trunk Position

0-20° 20-40° 50-60°

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

Trunk Score: **3**

Step 3: Legs

Adjust: 30-60° +00

Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above, Locate score in Table 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

Leg Score: **3**

Posture Score A: **6**

Force / Load Score: **2**

Score A: **8**

Step 6: Score A. Find Row in Table C

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

Scoring
1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigate. Change Soon.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Scores

Table A		Neck								
		1		2		3				
Trunk Posture Score	Legs	1	2	3	4	1	2	3	4	
		1	1	2	3	4	1	2	3	4
		2	2	3	4	5	2	3	4	5
		3	3	4	5	6	3	4	5	6
		4	4	5	6	7	4	5	6	7
		5	5	6	7	5	6	7	8	9
			6	7	8	6	7	8	9	10
			7	8	9	7	8	9	10	11
			8	9	10	8	9	10	11	12
			9	10	11	9	10	11	12	13
			10	11	12	10	11	12	13	14
			11	12	13	11	12	13	14	15
			12	13	14	12	13	14	15	16
			13	14	15	13	14	15	16	17
			14	15	16	14	15	16	17	18
			15	16	17	15	16	17	18	19
			16	17	18	16	17	18	19	20
			17	18	19	17	18	19	20	21
			18	19	20	18	19	20	21	22
			19	20	21	19	20	21	22	23
			20	21	22	20	21	22	23	24
			21	22	23	21	22	23	24	25
			22	23	24	22	23	24	25	26
			23	24	25	23	24	25	26	27
			24	25	26	24	25	26	27	28
			25	26	27	25	26	27	28	29
			26	27	28	26	27	28	29	30
			27	28	29	27	28	29	30	31
			28	29	30	28	29	30	31	32
			29	30	31	29	30	31	32	33
			30	31	32	30	31	32	33	34
			31	32	33	31	32	33	34	35
			32	33	34	32	33	34	35	36
			33	34	35	33	34	35	36	37
			34	35	36	34	35	36	37	38
			35	36	37	35	36	37	38	39
			36	37	38	36	37	38	39	40
			37	38	39	37	38	39	40	41
			38	39	40	38	39	40	41	42
			39	40	41	39	40	41	42	43
			40	41	42	40	41	42	43	44
			41	42	43	41	42	43	44	45
			42	43	44	42	43	44	45	46
			43	44	45	43	44	45	46	47
			44	45	46	44	45	46	47	48
			45	46	47	45	46	47	48	49
			46	47	48	46	47	48	49	50
			47	48	49	47	48	49	50	51
			48	49	50	48	49	50	51	52
			49	50	51	49	50	51	52	53
			50	51	52	50	51	52	53	54
			51	52	53	51	52	53	54	55
			52	53	54	52	53	54	55	56
			53	54	55	53	54	55	56	57
			54	55	56	54	55	56	57	58
			55	56	57	55	56	57	58	59
			56	57	58	56	57	58	59	60
			57	58	59	57	58	59	60	61
			58	59	60	58	59	60	61	62
			59	60	61	59	60	61	62	63
			60	61	62	60	61	62	63	64
			61	62	63	61	62	63	64	65
			62	63	64	62	63	64	65	66
			63	64	65	63	64	65	66	67
			64	65	66	64	65	66	67	68
			65	66	67	65	66	67	68	69
			66	67	68	66	67	68	69	70
			67	68	69	67	68	69	70	71
			68	69	70	68	69	70	71	72
			69	70	71	69	70	71	72	73
			70	71	72	70	71	72	73	74
			71	72	73	71	72	73	74	75
			72	73	74	72	73	74	75	76
			73	74	75	73	74	75	76	77
			74	75	76	74	75	76	77	78
			75	76	77	75	76	77	78	79
			76	77	78	76	77	78	79	80
			77	78	79	77	78	79	80	81
			78	79	80	78	79	80	81	82
			79	80	81	79	80	81	82	83
			80	81	82	80	81	82	83	84
			81	82	83	81	82	83	84	85
			82	83	84	82	83	84	85	86
			83	84	85	83	84	85	86	87
			84	85	86	84	85	86	87	88
			85	86	87	85	86	87	88	89
			86	87	88	86	87	88	89	90
			87	88	89	87	88	89	90	91
			88	89	90	88	89	90	91	92
			89	90	91	89	90	91	92	93
			90	91	92	90	91	92	93	94
			91	92	93	91	92	93	94	95
			92	93	94	92	93	94	95	96
			93	94	95	93	94	95	96	97
			94	95	96	94	95	96	97	98
			95	96	97	95	96	97	98	99
			96	97	98	96	97	98	99	100

Table B		Lower Arm	
		1	2
Wrist	1	2	3
	2	3	4
	3	4	5
	4	5	6
	5	6	7
	6	7	8
	7	8	9
	8	9	10
	9	10	11
	10	11	12
	11	12	13
	12	13	14
	13	14	15
	14	15	16
	15	16	17
	16	17	18
	17	18	19
	18	19	20
	19	20	21
	20	21	22
	21	22	23
	22	23	24
	23	24	25
	24	25	26
	25	26	27
	26	27	28
	27	28	29
	28	29	30
	29	30	31
	30	31	32
	31	32	33
	32	33	34
	33	34	35
	34	35	36
	35	36	37
	36	37	38
	37	38	39
	38	39	40
	39	40	41
	40	41	42
	41	42	43
	42	43	44
	43	44	45
	44	45	46
	45	46	47
	46	47	48
	47	48	49
	48	49	50
	49	50	51
	50	51	52
	51	52	53
	52	53	54
	53	54	55
	54	55	56
	55	56	57
	56	57	58
	57	58	59
	58	59	60
	59	60	61
	60	61	62
	61	62	63
	62	63	64
	63	64	65
	64	65	66
	65	66	67
	66	67	68
	67	68	69
	68	69	70
	69	70	71
	70	71	72
	71	72	73
	72	73	74
	73	74	75
	74	75	76
	75	76	77
	76	77	78
	77	78	79
	78	79	80
	79	80	81
	80	81	82
	81	82	83
	82	83	84
	83	84	85
	84	85	86
	85	86	87
	86	87	88
	87	88	89
	88	89	90
	89	90	91
	90	91	92
	91	92	93
	92	93	94
	93	94	95
	94	95	96
	95	96	97
	96	97	98
	97	98	99
	98	99	100

Table C	
Score A	Score B
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score

Neck Score: **3**

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

Step 2: Locate Trunk Position

Trunk Score

Trunk Score: **4**

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

Step 3: Legs

Leg Score

Leg Score: **3**

Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above, Locate score in Table 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: **9**

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigate. Change Score.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Scores

Table A		Neck											
		1			2			3			4		
Trunk Posture Score	Legs	1	2	3	4	1	2	3	4	1	2	3	4
	1	1	2	3	4	1	2	3	4	1	2	3	4
	2	2	3	4	1	2	3	4	1	2	3	4	5
	3	3	4	5	6	7	8	9	10	11	12	13	14
	4	4	5	6	7	8	9	10	11	12	13	14	15

Table B		Lower Arm											
		1			2			3			4		
Upper Arm Score	Wrist	1	2	3	1	2	3	1	2	3	1	2	3
	1	1	2	3	1	2	3	1	2	3	1	2	3
	2	2	3	4	1	2	3	4	1	2	3	4	5
	3	3	4	5	6	7	8	9	10	11	12	13	14
	4	4	5	6	7	8	9	10	11	12	13	14	15

Table C		Score B											
		1			2			3			4		
Score A	1	1	2	3	4	5	6	7	8	9	10	11	12
	2	1	2	3	4	5	6	7	8	9	10	11	12
	3	2	3	4	5	6	7	8	9	10	11	12	13
	4	3	4	5	6	7	8	9	10	11	12	13	14
	5	4	5	6	7	8	9	10	11	12	13	14	15

Table C Score	Activity Score	REBA Score
11	1	12

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position

Upper Arm Score

Upper Arm Score: **3**

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

Step 8: Locate Lower Arm Position

Lower Arm Score

Lower Arm Score: **2**

Step 8a: Adjust...
If wrist is bent from midline or twisted: Add +1

Step 9: Locate Wrist Position

Wrist Score

Wrist Score: **2**

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

Step 11: Add Coupling Score
Well fitting handle and mid range power grip: good: +0
Acceptable but not ideal hand hold or coupling: acceptable: +1
Hand hold not acceptable but possible: poor: +2
No handles, awkward, unscale with any body part, unacceptable: +3

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.

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

3. REBA Assessment worksheet pekerja 3 menurunkan

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Potongan 5 Aktivitas maintenance

Date: 20 Mei 2022

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

 Neck Score: 2

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

Step 2: Locate Trunk Position

 Trunk Score: 9

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

Step 3: Legs

 Leg Score: 3

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, Locate score in Table 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.

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed.
 4-7 = Medium Risk. Further Investigate. Change Score.
 8-10 = High Risk. Investigate and Implement Change
 11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

 Upper Arm Score: 3

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

Step 8: Locate Lower Arm Position:

 Lower Arm Score: 2

Step 9: Locate Wrist Position:

 Wrist Score: 3

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

Step 11: Add Coupling Score
 Well fitting Handle and mid range power grip, good: +0
 Acceptable but not ideal hand hold or coupling: +1
 Hand hold not acceptable but possible, poor: +2
 No handles, awkward, unsafe with any body part, Unacceptable: +3

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.

Step 13: Activity Score
 +1 or more body parts are held for longer than 1 minute (static)
 +1 Repeated small range actions (more than 4s per minute)
 +1 Action causes rapid large range changes in postures or unstable base

Table A: Scores

	1	2	3
Neck	1	2	3
Trunk	1	2	3
Legs	1	2	3
Posture Score	1	2	3
Force/Load Score	1	2	3
Score A	1	2	3

Table B: Scores

	1	2	3
Upper Arm	1	2	3
Lower Arm	1	2	3
Wrist	1	2	3
Posture Score	1	2	3
Coupling Score	1	2	3
Score B	1	2	3

Table C: Scores

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

Final Calculation:
 Table C Score: 10 + Activity Score: 1 = REBA Score: 11

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Netep 3 Date: 29 Mei 2022

(Aki ustas Mcnrunan)

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

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

Step 2: Locate Trunk Position

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

Step 3: Legs

 Step 3a: Adjust...
 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 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, Locate Score in Table 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.

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed.
 4-7 = Medium Risk. Further Investigate. Change Soon.
 8-10 = High Risk. Investigate and Implement Change.
 11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

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

Step 8: Locate Lower Arm Position:

 Step 8a: Adjust...
 If wrist is bent from midline or twisted: Add +1

Step 9: Locate Wrist Position:

 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

Step 11: Add Coupling Score
 Well fitting handle and mid range power grip: **good: +0**
 Acceptable but not ideal hand hold or coupling: **acceptable: +1**
 Hand hold not acceptable but possible: **poor: +2**
 No handles, awkward, unsafe with any body part: **Unacceptable: +3**

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.

Step 13: Activity Score
 +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

Scores

Table A		Neck	
		1	2
Legs	1 2 3 4 1 2 3 4 1 2 3 4		3
Trunk	1 1 2 3 4 1 2 3 4 3 3 5 6		
Posture	2 2 3 4 5 3 4 5 6 4 5 6 7		
Score	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
Wrist	1 2 3 1 2 3		
Upper Arm	1 1 2 2 1 2 3		
Score	1 1 2 3 2 3 4		
	3 3 4 5 4 5 5		
	4 5 5 6 7		
	5 6 7 8 8		
	6 7 8 8 9		

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

Table C Score **Activity Score** **REBA Score**

10 + 1 = 11

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task 12788 Page 3 of 3

25 Mei 2022

Date: (Aktifasi)

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Neck Score

2

Step 2: Locate Trunk Position

Trunk Score

4

Step 3: Legs

Leg Score

3

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position

Upper Arm Score

3

Step 8: Locate Lower Arm Position

Lower Arm Score

2

Step 9: Locate Wrist Position

Wrist Score

3

Table A

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

Table B

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

Table C

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

Table D

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

Table E

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

Table F

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

Table G

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

Table H

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

Table I

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

Table J

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

Table K

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

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

Task Name: Netaga 3
(Aktivitas menenun)

Date: 26 mei 2022

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

 Neck Score: 3

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

Step 2: Locate Trunk Position

 Trunk Score: 3

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

Step 3: Legs

 Leg Score: 3

Step 3a: Adjust...
 If load < 11 lbs.: +0
 If load 11 to 22 lbs.: +1
 If load > 22 lbs.: +2

Step 3b: Adjust: If shock or rapid build up of force: add +1 Force / Load Score

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, locate score in Table A

Step 5: Add Force/Load Score
 Posture Score A: 7
 +
 Force/Load Score: 2
 =
 Score A: 9

Step 6: Score A, Find Row in Table C
 Add values from steps 4 & 5 to obtain Score A. Find Row in Table C.

Scoring
 1 = Negligible Risk
 2-3 = Low Risk. Change may be needed
 4-7 = Medium Risk. Further investigate. Change soon.
 8-10 = High Risk. Investigate and Implement Change
 11+ = Very High Risk. Implement Change

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position

 Upper Arm Score: 3

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

Step 8: Locate Lower Arm Position

 Lower Arm Score: 2

Step 9: Locate Wrist Position

 Wrist Score: 3

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

Step 11: Add Coupling Score
 Well fitting Handle and mid range power grip: good: +0
 Acceptable but not ideal hand hold or coupling: fair: +1
 Hand hold not acceptable but possible: poor: +2
 No handles, awkward, unsafe with any body part: unacceptable: +3

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.

Step 13: Activity Score
 +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

Scores

Table A		Neck	
		1	2
Legs	1 2 3 4 1 2 3 4	1 2 3 4	3
Trunk	1 2 3 4 1 2 3 4	3 3 5 6	
Posture	2 2 3 4 3 4 5 5 6 7		
Score	3 2 4 5 6 7 8 9		
	4 3 5 6 7 8 9		
	5 4 6 7 8 9		

Table B		Lower Arm	
		1	2
Wrist	1 2 3 1 2 3	1 2 3	
Upper Arm	1 2 3 1 2 3	2 3 4	
Score	3 2 4 5 5 5		
	4 4 5 5 6 7		
	5 6 7 8 9		
	6 7 8 9		

Table C	
Score A	Score B
1	1 2 3 4 5 6 7 8 9 10 11 12
2	1 1 2 3 4 5 6 7 7 7 7 7
3	2 2 3 3 4 5 6 7 8 8 8 8
4	3 3 4 4 5 6 7 8 9 9 9 9
5	4 4 5 5 6 7 8 9 9 9 9 9
6	5 5 6 6 7 8 9 10 10 10 10
7	6 6 7 7 8 9 10 11 11 11 11
8	7 7 8 8 9 10 11 12 12 12 12
9	8 8 9 9 10 11 12 13 13 13 13
10	9 9 10 11 12 13 14 14 14 14 14
11	10 10 11 12 13 14 15 15 15 15 15
12	11 11 12 13 14 15 16 16 16 16 16
13	12 12 13 14 15 16 17 17 17 17 17

Table C Score	Activity Score	REBA Score
<u>9</u>	<u>0</u>	<u>9</u>

Task Name: **Postage 3**
(aktivitas pengiriman)

Date: **27 Mei 2022**

ERGONOMICS PLUS

REBA Employee Assessment Worksheet

B. Arm and Wrist Analysis

Step 1: Locate Neck Position



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

Step 2: Locate Trunk Position



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

Step 3: Legs



Step 3a: Adjust...
If leg is bent from midline or twisted: Add +1

Step 4: Look-up Posture Score in Table A

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

Score A: **9**

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

Score A: **9**

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: **9**

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigate. Change Soon.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Scores

Table A		Neck							
		1		2		3			
Legs	1	1	2	3	4	1	2	3	4
	2	1	2	3	4	1	2	3	4
	3	1	2	3	4	1	2	3	4
	4	1	2	3	4	1	2	3	4
	5	1	2	3	4	1	2	3	4
Trunk Pressure Score	1	1	2	3	4	1	2	3	4
	2	1	2	3	4	1	2	3	4
	3	1	2	3	4	1	2	3	4
	4	1	2	3	4	1	2	3	4
	5	1	2	3	4	1	2	3	4

Table B		Lower Arm	
		1	2
Wrist	1	2	3
	2	3	4
	3	4	5
	4	5	6
	5	6	7
	6	7	8
	7	8	9
	8	9	10
	9	10	11
	10	11	12
	11	12	13
	12	13	14
	13	14	15
	14	15	16
	15	16	17
	16	17	18
	17	18	19
	18	19	20
	19	20	21
	20	21	22
	21	22	23
	22	23	24
	23	24	25
	24	25	26
	25	26	27
	26	27	28
	27	28	29
	28	29	30
	29	30	31
	30	31	32
	31	32	33
	32	33	34
	33	34	35
	34	35	36
	35	36	37
	36	37	38
	37	38	39
	38	39	40
	39	40	41
	40	41	42
	41	42	43
	42	43	44
	43	44	45
	44	45	46
	45	46	47
	46	47	48
	47	48	49
	48	49	50
	49	50	51
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	52	53	54
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	58	59	60
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	60	61	62
	61	62	63
	62	63	64
	63	64	65
	64	65	66
	65	66	67
	66	67	68
	67	68	69
	68	69	70
	69	70	71
	70	71	72
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	72	73	74
	73	74	75
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	87	88	89
	88	89	90
	89	90	91
	90	91	92
	91	92	93
	92	93	94
	93	94	95