



# Quick Tips

## Rapid Entire Body Assessment

The REBA method was developed by Hignett and McAtamney (2000) as an ergonomics assessment tool to estimate the risk of developing work-related musculoskeletal disorders. This tool focuses mainly on postures with a few sections pertaining to forces, activity (repetition and static loading), and coupling (hand grip). REBA is conducted separately for left and right sides since many jobs/tasks involve different movements of the right and left sides of the body.

So how do you know what postures to analyze? Consider the following criteria when deciding which postures to analyze:

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- Most frequently repeated posture
  - Longest maintained posture
  - Posture requiring the most muscular activity or the greatest forces
  - Posture known to cause discomfort
  - Extreme, unstable, or awkward posture, especially

The main limitations with using REBA center around evaluating jobs with long cycles or that are non-cyclical. For example, the cumulative effects of all activities performed during a job/task cannot be “added up” to create a single overall score for a job. Also, if the job/task involves unusual, difficult to categorize, or unobservable tasks (due to product schedules, tasks required for maintenance or start-up/shut-down, etc.), the risk associated with the job/task may not be adequately reflected by the result of the method.

There are ways to still use the REBA tool as a method to assess non-cyclical type jobs. Please contact us if you’d like to learn more about REBA and its effective use as a risk assessment tool in the workplace.