

LAMPIRAN

Rapid Entire Body Assessment (REBA)

REBA was proposed by Hignett and McAtamney as a means to assess posture for risk of work-related musculoskeletal disorders (WRMSDs).

Consider critical tasks of a job. For each task, assess the posture factors by assigning a score to each region. The following data sheet provides a format for this process. Areas on the data sheet with a light gray background are for data entry.

Score the Group A (Trunk, Neck and Legs) postures and the Group B (Upper Arms, Lower Arms, and Wrists) postures for left and right. For each region, there is a posture scoring scale plus adjustment notes for additional considerations. Then score the Load / Force and Coupling factors. Finally, score the Activity

Find the scores from Table A for the Group A posture scores and from Table B for the Group B posture scores. The tables follow the data collection sheet.

Score A is the sum of the Table A score and the Load / Force score. Score B is the sum of the Table B score and the Coupling score for each hand.

Score C is read from Table C, by entering it with the Score A and the Score B.

The REBA score is the sum of the Score C and the Activity score. The degree of risk is found in the REBA Decision table.

Reference

Sue Hignett and Lynn McAtamney, Rapid entire body assessment (REBA); *Applied Ergonomics*. 31:201-205, 2000.

Rapid Entire Body Assessment (REBA)

Date: / /

Task	Analyst
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Group A			Group B		
Posture/Range	Score	Total	Posture/Range	Score	Total: Left and Right
Trunk			Upper Arms (Shoulders)		L R
Upright	1	If back is twisted or tilted to side: +1	Flexion: 0-20° Extension: 0-20°	1	Arm Abducted / Rotated: +1 Shoulder Raised: +1 Arm Supported: -1
Flexion: 0-20° Extension: 0-20°	2		Flexion: 20-45° Extension: >20°	2	
Flexion: 20-60° Extension: >20°	3		Flexion: 45-90°	3	
Flexion: >60°	4		Flexion: >90°	4	
Neck			Lower Arms (Elbows)		L R
Flexion: 0-20°	1	If neck is twisted or tilted to side: +1	Flexion: 60-100°	1	No Adjustments
Flexion: >20° Extension: >20°	2		Flexion: <60° Flexion: >100°	2	
Legs			Wrists		L R
Bilateral Wt Bearing; Walk; Sit	1	Knee(s) Flexion 30-60°: +1	Flexion: 0-15° Extension: 0-15°	1	Wrist Deviated / Twisted: +1
Unilateral Wt Bearing; Unstable	2	Knee(s) Flexion >60°: +2	Flexion: >15° Extension: >15°	2	
Score from Table A			Score from Table B		L R
Load / Force			Coupling		L R
< 5 kg < 11 lb	0	Shock or Rapid Buildup: +1	Good	0	No Adjustments
5 - 10 kg 11 - 22 lb	1		Fair	1	
> 10 kg > 22 lb	2		Poor	2	
Score A [Table A + Load/Force Score]			Unacceptable	3	
Activity			Score B [Table B + Coupling Score]		L R
One or more body parts are static for longer than 1 minute	+1		Score C (from Table C)		L R
Repeat small range motions, more than 4 per minute	+1		Activity Score		L R
Rapid large changes in posture or unstable base	+1		REBA Score [Score C + Activity Score]		L R

Table A

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

Table B

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

Table C

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

REBA Decision

REBA Score	Risk Level
1	Negligible
2 - 3	Low
4 - 7	Medium
8 - 10	High
11 - 15	Very High

RIWAYAT HIDUP

Kelby Tirtabudi, dilahirkan di Cianjur pada tanggal 12 Mei 1989. Anak pertama dari dua bersaudara yang lahir dari pasangan Munadjat Tirtabudi dan Jurdina Wardoyo.

Pada tahun 1998 menamatkan SD kelas 3 di Methodist - 3 kemudian pindah ke Tunas Karya 2 Jakarta pada kelas 4. Kelas 5 bersekolah di St. Yoseph Medan kemudian pindah ke Methodist – 3 untuk menyelesaikan kelas 6 SD pada tahun 2000. Penulis melanjutkan pendidikan SMP di Methodist – 3 kemudian menyelesaikan pendidikan SMA di Methodist – 2 pada tahun 2007. Penulis mengenyam pendidikan bahasa Mandarin di 北京航空航天大学 (Universitas Aeronautika dan Astronautika Beijing) selama setahun.

Pada tahun 2008, penulis diterima menjadi mahasiswa Teknik Industri Universitas Kristen Maranatha.

Penulis mengikuti kegiatan Acara Welcome to Maranatha 2009 sebagai peserta, kegiatan ospek jurusan LEAF 2008 sebagai peserta. Penulis mengambil kegiatan di luar kuliah seperti: Paduan Suara Mahasiswa (PSM) Maranatha periode 2008-2009 di dalam divisi Bass dan Persekutuan Mahasiswa Kristen(PMK) Cholluse 323 periode 2008 – sekarang. Penulis ikut ambil bagian di dalam kepengurusan PMK menjadi Sekretaris dan Bendahara selama dua periode (2009 – 2011), menjadi panitia Retreat PMK 2009 sebagai divisi Publikasi dan Dokumentasi, menjadi panitia Wilujeng Sumping PMK sebagai sie. Follow-up, tim regenerasi pengurus baru PMK dan lainnya.

Di luar itu penulis memiliki kegiatan band yang bernama Figura sebagai peniup saksofon dan menjadi pengurus PMK kota Bandung.

Penulis pernah mengikuti kejuaraan keilmuan Teknik Industri EFiCn di UPH dan IECOM di ITB.

Untuk mengetahui mengenai isi laporan tugas akhir ini maka dapat menghubungi penulis pada nomor telepon seluler 081534818168 atau email: j5wardoyo@yahoo.com