

 **Postures [REBA]**

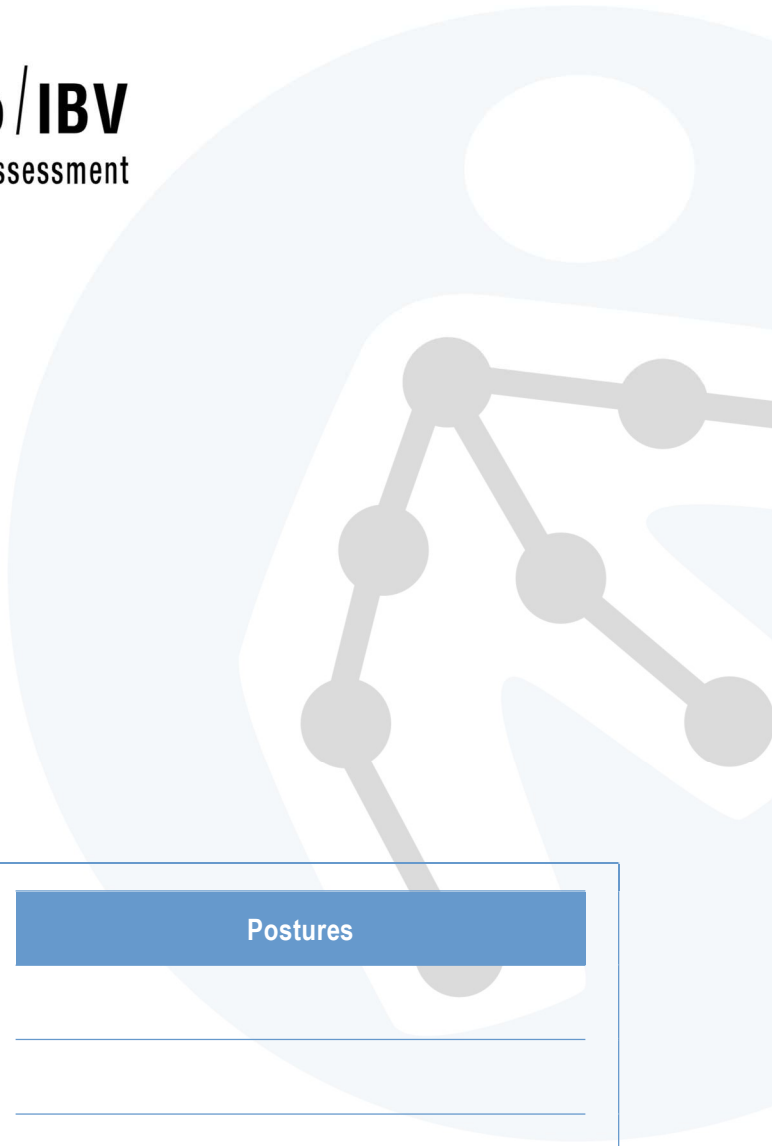
Task:

Company:

Date:

Observations:

Subtask	Postures



Posture data

Subtask:

Frequency

Low

Médium

high

Posture:

Video reference:

Observations (posture):



Group A – Trunk, Neck, Legs

Trunk

Select one option:

- Extension > 20°
- Extension up to 20°
- Upright
- Flexion up to 20°
- Flexion 20-60°
- Flexion > 60°

Check if there is also:

- Rotation
- Lateral tilt

Neck

Select one option:

- Extension
- Flexion 0-20°
- Flexion > 20°

Check if there is also:

- Rotation
- Lateral tilt

Legs

Select one option:

- Bilateral support
- Walking
- Sitting
- Unilateral support or Unstable posture

Check if there is also:

- Knee(s) flexion 30-60°
- Knee(s) flexion > 60°
(except sitting)

Group B – Arms, Forearms, Wrists

Side (Right/Left)

Arm

Select one option:

- Extension > 20°
- Extension 20° to flexion 20°
- Flexion 20-45°
- Flexion 45-90°
- Flexion > 90°

Check if there is also:

- Arm abduction
- Arm rotation
- Shoulder raised
- Arm supported in favor of gravity

Forearm

Select one option:

- Flexion < 60°
- Flexion 60-100°
- Flexion > 100°

Wrist

Select one option:

- Flexion or Extension 0-15°
- Flexion or Extension > 15°

Check if there is also:

- Rotation
- Lateral deviation

Force, Grip, Activity

Force / Load

Select one option:

- < 5 kg
- 5-10 kg
- > 10 kg

Check if there is also:

- Sudden or abrupt force

Grip

Select one option:

- Good Appropriate handle and mid-range power grip
- Fair Acceptable but not ideal, or acceptable using another body part
- Poor Not acceptable although possible
- Unacceptable Awkward, unsafe, without handles, or unacceptable using other body parts

Activity

Check if the following conditions exist:

- Static (sustained > 1 min)
- Repeated (> 4 times/min, except walking)
- Large and rapid postural changes or unstable surface