Assessment Table

TuMeke Ergonomics

***REBA/RULA** can be used as preliminary assessment tools to determine if a risk is present. If more in depth analysis is required, consider using more quantitative tools like the Revised NIOSH Lifting Equation or Revised (Hand) Strain Index.

	BODY REGIONS	RISK FACTORS	ACTIVITY TYPE	WHAT DOES IT TELL YOU?
REBA* Rapid Entire Body Assessment	Entire body	**Main:** Posture **Secondary:** Force, Repetition, Duration	Static and dynamic whole body activities (lifting, bending, reaching, and pushing/pulling)	Level of risk for developing a MSD (scale of 1-15)
RULA* Rapid Upper Limb Assessment	Upper limbs (neck, shoulders, arms, hand/wrists, and trunk)	**Main:** Posture **Secondary:** Force, Repetition Does not consider: Duration	Static (sitting or standing) or repetitive work	Level of risk for developing a MSD (scale of 1-7)
NIOSH Revised NIOSH Lifting Equation	**Primary:** Trunk/Lower Back **Secondary:** Hands/Wrists, Legs, Shoulders/Upper+Lower Arms	**Main:** Force, Repetition, Duration **Secondary:** Posture	Lifting and lowering tasks with stable loads	**Recommended weight limit (RWL):** the weight that can be safely carried given the factors and conditions of this particular task over a substantial period of time (up to 8 hours) **LI:** level of risk of developing a low back injury
RSI Revised (Hand) Strain Index	**Primary:** Hands/Wrist **Secondary:** Lower Arm Does not consider: Head, Neck, Trunk, Shoulders/Upper Arm	**Main:** Force, Repetition, Duration, Posture	Repetitive hand-intensive work (gripping, twisting, grasping, working with hand tools, etc.)	Risk of developing a MSD in hands, wrists, forearm, or elbow
Snook Tables Liberty Mutual Manual Material Handling Equations	Entire body	**Main:** Force, Repetition **Secondary:** Duration, Posture	Lifting/Lowering Pushing/Pulling Carrying	Acceptable weights/force for designing a manual handling task