

LAMPIRAN

SURAT PERMOHONAN MENJADI RESPONDEN

Kepada Yth.
Calon Responden
Di tempat

Dengan hormat,
Saya yang bertanda tangan di bawah ini:

Nama : Nur Ikrimah Wulan Sari
NIM : 20160301036
Fakultas : Ilmu-Ilmu Kesehatan Universitas Esa Unggul

Bermaksud akan mengadakan penelitian dengan judul “Gambaran Postur Kerja Pada Dokter Gigi di Happy Dental Clinic mal ciputra Jakarta Barat Berdasarkan Metode REBA tahun 2019”.

Penelitian ini tidak akan menimbulkan akibat yang merugikan bagi responden. Semua informasi dari hasil penelitian akan dijaga kerahasiaannya dan hanya dipergunakan untuk kepentingan penelitian. Jika saudara bersedia, maka saya mohon kesediaan untuk mengisi lembar kuesioner yang saya lampirkan.

Atas perhatian dan kesediaannya menjadi responden saya ucapkan terima kasih.

Hormat saya,

Nur Ikrimah Wulan Sari



Universitas
Esa Unggul

Universitas
Esa

LAMPIRAN

Universitas
Esa Unggul

Universitas
Esa

REBA Employee Assessment Worksheet

based on Technical note: Rapid Entire Body Assessment (REBA), Hignett, McAtamney, Applied Ergonomics 31 (2000) 201-205

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: 50-10°
 Add +1
 Add +2

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

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 or 3 = low risk, change may be needed
 4 to 7 = medium risk, further investigation, change soon
 8 to 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	1	2	3	4
	2	1	2	3	4	1	2	3	4	3	5	6
	3	2	4	5	6	4	5	6	4	5	6	7
	4	3	5	6	7	5	6	7	8	6	7	8
	5	4	6	7	8	6	7	8	9	7	8	9

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

Score A (score from table A load/force score)	Table C											
	Score B, (table B value coupling score)											
	1	2	3	4	5	6	7	8	9	10	11	12
1	1	1	1	2	3	3	4	5	6	7	7	7
2	1	2	2	3	4	4	5	6	6	7	7	8
3	2	3	3	3	4	5	6	7	7	8	8	8
4	3	4	4	4	5	6	7	8	8	9	9	9
5	4	4	4	5	6	7	8	8	9	9	9	9
6	6	6	6	7	8	8	9	9	10	10	10	10
7	7	7	7	8	9	9	9	10	10	11	11	11
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
10	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	12

Score A + Activity Score = Table C Score

Table C Score + Activity Score = Final 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 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

Task name: _____ Reviewer: _____ Date: ____/____/____

provided by Practical Ergonomics

This tool is provided without warranty. The author has provided this tool as a simple means for applying the concepts provided in REBA.

© 2004 Human Consulting, Inc.

rbarker@ergosmart.com (816) 444-1667