

DATA KELUHAN NYERI PINGGANG BAWAH

| No | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| 1 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 2 |
| 2 | 4 | 3 | 3 | 4 | 4 | 2 | 3 | 4 | 3 | 2 |
| 3 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 2 | 2 |
| 4 | 3 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 4 | 1 |
| 5 | 4 | 3 | 3 | 3 | 4 | 1 | 3 | 4 | 2 | 1 |
| 6 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 1 |
| 7 | 4 | 4 | 3 | 3 | 4 | 1 | 4 | 4 | 4 | 1 |
| 8 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 |
| 9 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 |
| 10 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 2 | 1 |
| 11 | 3 | 4 | 4 | 3 | 3 | 1 | 3 | 3 | 4 | 1 |
| 12 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 1 |
| 13 | 4 | 4 | 3 | 3 | 4 | 2 | 4 | 3 | 4 | 1 |
| 14 | 4 | 3 | 4 | 4 | 3 | 1 | 3 | 4 | 2 | 1 |
| 15 | 4 | 4 | 4 | 3 | 4 | 2 | 3 | 3 | 3 | 1 |
| 16 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 1 |
| 17 | 4 | 4 | 4 | 4 | 4 | 1 | 4 | 4 | 2 | 1 |
| 18 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 3 | 1 |
| 19 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 1 |
| 20 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 1 |
| 21 | 3 | 3 | 4 | 4 | 3 | 2 | 3 | 3 | 2 | 1 |
| 22 | 3 | 3 | 4 | 3 | 4 | 1 | 4 | 4 | 2 | 1 |
| 23 | 4 | 3 | 3 | 3 | 4 | 2 | 3 | 4 | 3 | 1 |
| 24 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 1 |
| 25 | 4 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 4 | 1 |
| 26 | 4 | 4 | 3 | 3 | 4 | 2 | 3 | 4 | 4 | 1 |
| 27 | 3 | 3 | 3 | 4 | 4 | 1 | 4 | 3 | 3 | 1 |
| 28 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 1 |
| 29 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 2 | 1 |
| 30 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 1 |
| 31 | 2 | 2 | 3 | 2 | 3 | 1 | 2 | 3 | 2 | 1 |
| 32 | 3 | 4 | 4 | 4 | 4 | 2 | 3 | 3 | 3 | 1 |

DATA SKOR REBA

| No | P. Leher | P. Punggung | P. Kaki | SKOR A | P. Lengan Atas | P. Lengan Bawah | P. Pergelangan | SKOR B | SKOR REBA |
|----|----------|-------------|---------|--------|----------------|-----------------|----------------|--------|-----------|
| 1 | 3 | 4 | 1 | 6 | 2 | 2 | 2 | 3 | 6 |
| 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | 4 |
| 3 | 2 | 1 | 2 | 2 | 3 | 2 | 2 | 5 | 4 |
| 4 | 2 | 3 | 2 | 5 | 3 | 2 | 3 | 5 | 4 |
| 5 | 1 | 1 | 1 | 1 | 2 | 2 | 3 | 4 | 2 |
| 6 | 2 | 3 | 1 | 4 | 3 | 1 | 2 | 4 | 4 |
| 7 | 3 | 2 | 2 | 5 | 3 | 2 | 3 | 5 | 6 |
| 8 | 1 | 2 | 1 | 2 | 3 | 1 | 2 | 4 | 3 |
| 9 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | 4 |
| 10 | 2 | 2 | 2 | 4 | 2 | 2 | 3 | 4 | 4 |
| 11 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 4 | 4 |
| 12 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | 4 |
| 13 | 2 | 3 | 2 | 5 | 2 | 2 | 3 | 4 | 5 |
| 14 | 2 | 2 | 2 | 4 | 2 | 2 | 3 | 4 | 4 |
| 15 | 2 | 2 | 2 | 4 | 2 | 2 | 3 | 4 | 4 |
| 16 | 2 | 3 | 1 | 4 | 2 | 2 | 3 | 4 | 4 |
| 17 | 2 | 3 | 2 | 5 | 3 | 2 | 3 | 5 | 6 |
| 18 | 1 | 2 | 1 | 3 | 2 | 2 | 3 | 3 | 3 |
| 19 | 2 | 3 | 2 | 5 | 3 | 2 | 2 | 5 | 6 |
| 20 | 1 | 3 | 1 | 2 | 2 | 2 | 3 | 4 | 3 |
| 21 | 2 | 2 | 1 | 3 | 2 | 2 | 2 | 3 | 3 |
| 22 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 4 | 3 |
| 23 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 4 | 4 |
| 24 | 2 | 3 | 2 | 5 | 2 | 2 | 3 | 4 | 5 |
| 25 | 3 | 3 | 1 | 5 | 2 | 2 | 3 | 4 | 5 |
| 26 | 3 | 3 | 1 | 5 | 2 | 2 | 3 | 4 | 5 |
| 27 | 2 | 2 | 1 | 3 | 2 | 2 | 2 | 3 | 3 |
| 28 | 2 | 2 | 1 | 3 | 2 | 2 | 3 | 3 | 5 |
| 29 | 2 | 4 | 1 | 5 | 2 | 2 | 3 | 4 | 5 |
| 30 | 2 | 2 | 2 | 5 | 3 | 2 | 3 | 4 | 5 |
| 31 | 2 | 2 | 1 | 3 | 2 | 2 | 1 | 2 | 3 |
| 32 | 2 | 3 | 2 | 5 | 2 | 2 | 3 | 4 | 5 |

DATA SPSS

COMPUTE NPB=P1 + P2 + P3 + P4 + P5 + P6 + P7 + P8 + P9 + P10.
EXECUTE.

NPAR TESTS

/K-S (NORMAL)=NPB SCORE_REBA

/MISSING ANALYSIS.

SCORE_REBA

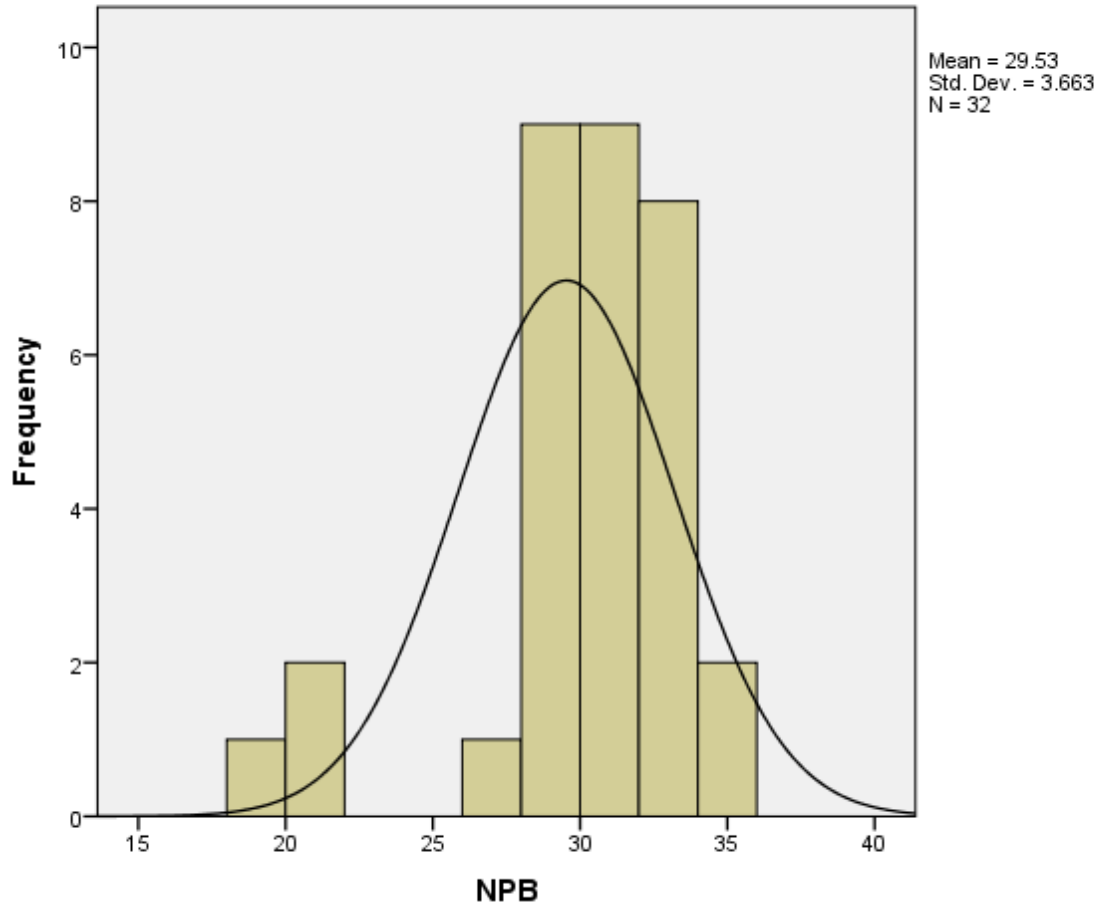
| | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-----------|---------|---------------|--------------------|
| 2 | 1 | 3.1 | 3.1 | 3.1 |
| 3 | 8 | 25.0 | 25.0 | 28.1 |
| Valid 4 | 12 | 37.5 | 37.5 | 65.6 |
| 5 | 7 | 21.9 | 21.9 | 87.5 |
| 6 | 4 | 12.5 | 12.5 | 100.0 |
| Total | 32 | 100.0 | 100.0 | |

Statistics

NPB

| | | |
|----------------|---------|-------|
| N | Valid | 32 |
| | Missing | 0 |
| Mean | | 29.53 |
| Median | | 30.50 |
| Mode | | 32 |
| Std. Deviation | | 3.663 |
| Range | | 16 |
| Minimum | | 19 |
| Maximum | | 35 |

Histogram



NPB

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| 19 | 1 | 3.1 | 3.1 | 3.1 |
| 20 | 1 | 3.1 | 3.1 | 6.3 |
| 21 | 1 | 3.1 | 3.1 | 9.4 |
| 26 | 1 | 3.1 | 3.1 | 12.5 |
| 28 | 4 | 12.5 | 12.5 | 25.0 |
| 29 | 5 | 15.6 | 15.6 | 40.6 |
| Valid 30 | 3 | 9.4 | 9.4 | 50.0 |
| 31 | 6 | 18.8 | 18.8 | 68.8 |
| 32 | 7 | 21.9 | 21.9 | 90.6 |
| 33 | 1 | 3.1 | 3.1 | 93.8 |
| 34 | 1 | 3.1 | 3.1 | 96.9 |
| 35 | 1 | 3.1 | 3.1 | 100.0 |
| Total | 32 | 100.0 | 100.0 | |

Statistics

UMUR

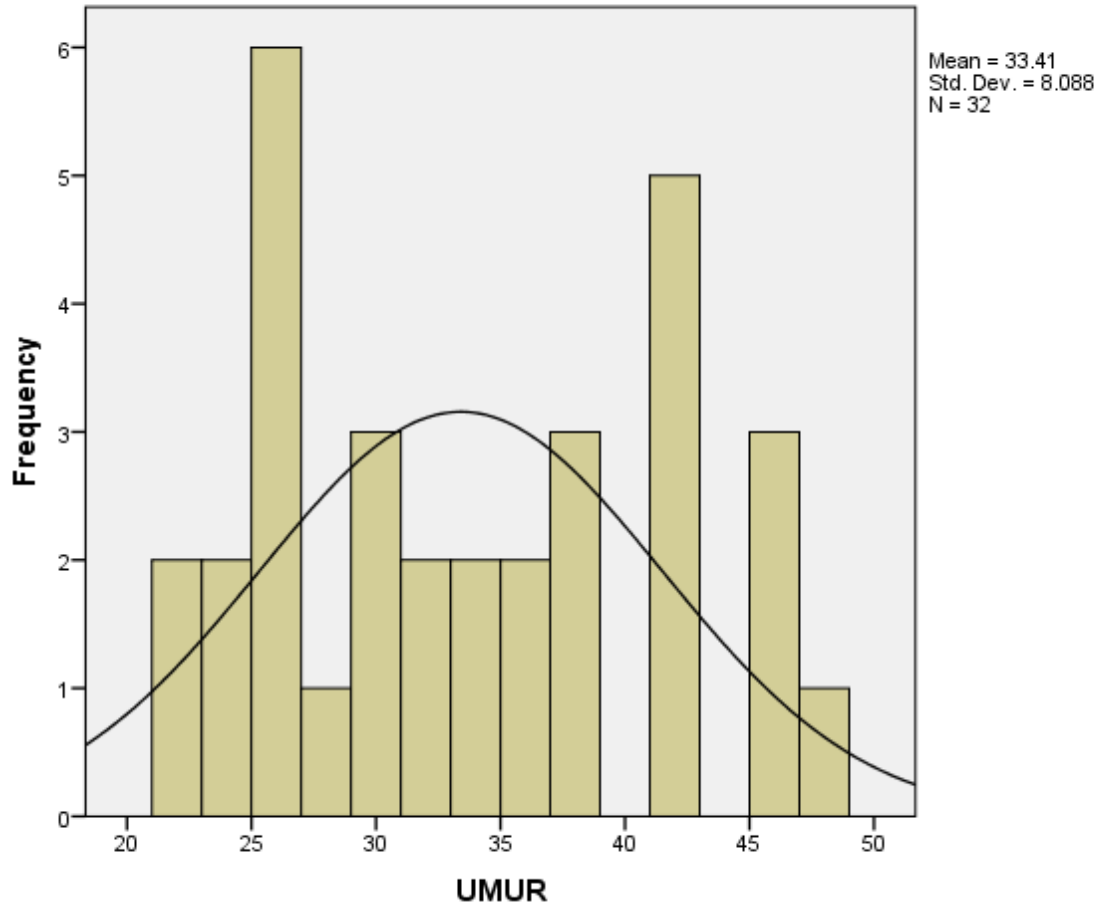
| | | |
|----------------|---------|-----------------|
| N | Valid | 32 |
| | Missing | 0 |
| Mean | | 33.41 |
| Median | | 32.50 |
| Mode | | 25 ^a |
| Std. Deviation | | 8.088 |
| Range | | 26 |
| Minimum | | 22 |
| Maximum | | 48 |

a. Multiple modes exist. The smallest value is shown

UMUR

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|---------|---------------|-----------------------|
| 22 | 2 | 6.3 | 6.3 | 6.3 |
| 23 | 1 | 3.1 | 3.1 | 9.4 |
| 24 | 1 | 3.1 | 3.1 | 12.5 |
| 25 | 5 | 15.6 | 15.6 | 28.1 |
| 26 | 1 | 3.1 | 3.1 | 31.3 |
| 28 | 1 | 3.1 | 3.1 | 34.4 |
| 30 | 3 | 9.4 | 9.4 | 43.8 |
| 32 | 2 | 6.3 | 6.3 | 50.0 |
| 33 | 1 | 3.1 | 3.1 | 53.1 |
| 34 | 1 | 3.1 | 3.1 | 56.3 |
| 35 | 2 | 6.3 | 6.3 | 62.5 |
| 37 | 1 | 3.1 | 3.1 | 65.6 |
| 38 | 2 | 6.3 | 6.3 | 71.9 |
| 42 | 5 | 15.6 | 15.6 | 87.5 |
| 45 | 1 | 3.1 | 3.1 | 90.6 |
| 46 | 2 | 6.3 | 6.3 | 96.9 |
| 48 | 1 | 3.1 | 3.1 | 100.0 |
| Total | 32 | 100.0 | 100.0 | |

Histogram



Statistics

Umur Responden

| | | |
|---|---------|----|
| N | Valid | 32 |
| | Missing | 0 |

Umur Responden

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------|-----------|---------|---------------|--------------------|
| 20-24 | 4 | 12.5 | 12.5 | 12.5 |
| 25-29 | 6 | 18.8 | 18.8 | 31.3 |
| 30-34 | 8 | 25.0 | 25.0 | 56.3 |
| Valid 35-39 | 5 | 15.6 | 15.6 | 71.9 |
| 40-44 | 5 | 15.6 | 15.6 | 87.5 |
| 45-49 | 4 | 12.5 | 12.5 | 100.0 |
| Total | 32 | 100.0 | 100.0 | |

Statistics

SCORE_REBA

| | | |
|----------------|---------|-------|
| N | Valid | 32 |
| | Missing | 0 |
| Mean | | 4.16 |
| Median | | 4.00 |
| Mode | | 4 |
| Std. Deviation | | 1.051 |
| Range | | 4 |
| Minimum | | 2 |
| Maximum | | 6 |

One-Sample Kolmogorov-Smirnov Test

| | | NPB | SCORE_REBA |
|----------------------------------|----------------|-------|------------|
| N | | 32 | 32 |
| Normal Parameters ^{a,b} | Mean | 29.53 | 4.16 |
| | Std. Deviation | 3.663 | 1.051 |
| Most Extreme Differences | Absolute | .213 | .215 |
| | Positive | .156 | .215 |
| | Negative | -.213 | -.160 |
| Kolmogorov-Smirnov Z | | 1.205 | 1.218 |
| Asymp. Sig. (2-tailed) | | .110 | .103 |

a. Test distribution is Normal.

b. Calculated from data.

Correlations

[DataSet0]

Correlations

| | | NPB | SCORE_REB A |
|------------|---------------------|--------|----------------|
| NPB | Pearson Correlation | 1 | .623** |
| | Sig. (2-tailed) | | .000 |
| | N | 32 | 32 |
| SCORE_REBA | Pearson Correlation | .623** | 1 |
| | Sig. (2-tailed) | .000 | |
| | N | 32 | 32 |

** . Correlation is significant at the 0.01 level (2-tailed).

Statistics

Masa Kerja

| | | |
|---|---------|----|
| N | Valid | 32 |
| | Missing | 0 |

Masa Kerja

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|-----------------------|
| Valid | < 5 tahun | 9 | 28.1 | 28.1 | 28.1 |
| | 5 - 15 Tahun | 18 | 56.3 | 56.3 | 84.4 |
| | > 15 Tahun | 5 | 15.6 | 15.6 | 100.0 |
| | Total | 32 | 100.0 | 100.0 | |

Statistics

JENIS_KELAMIN

| | | |
|---|---------|----|
| N | Valid | 32 |
| | Missing | 0 |

JENIS_KELAMIN

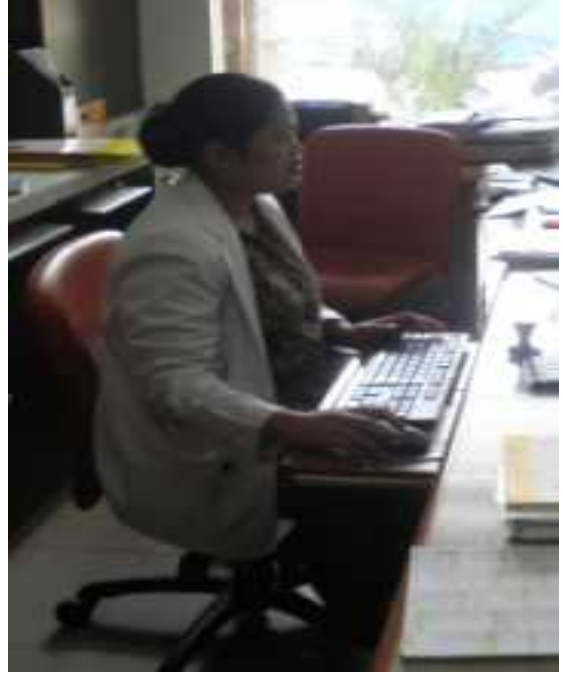
| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------------|-----------|---------|---------------|-----------------------|
| Laki-laki | 5 | 15.6 | 15.6 | 15.6 |
| Valid Perempuan | 27 | 84.4 | 84.4 | 100.0 |
| Total | 32 | 100.0 | 100.0 | |

```
RECODE UMUR (20 thru 24=1) (25 thru 29=2) (30 thru 34=3) (35 thru 39=4) (40  
thru 44=5) (45 thru 49=6) INTO Umur_Responden.  
VARIABLE LABELS Umur_Responden 'umur responden'.  
EXECUTE.  
FREQUENCIES VARIABLES=Umur_Responden  
/ORDER=ANALYSIS.
```

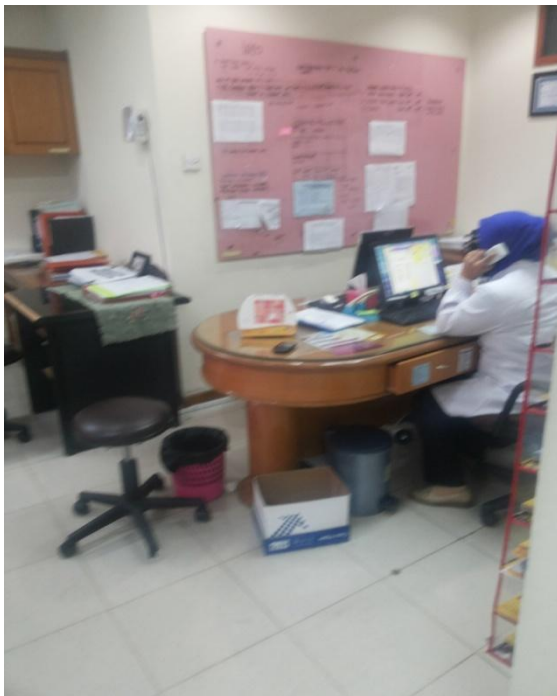
DOKUMEN FOTO



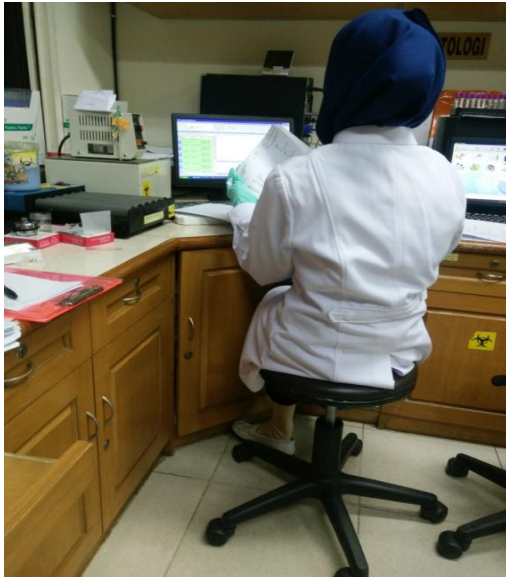
DOKUMEN FOTO



DOKUMEN FOTO



DOKUMEN FOTO



**KUESIONER KELUHAN NYERI PINGGANG BAWAH PADA PEGAWAI
DI LABORATORIUM KLINIK PRODIA**

A. Data Umum Responden

1. Nama :
2. Jenis Kelamin :
3. Umur :
4. Masa Kerja :
5. Riwayat penyakit :

B. Pernyataan untuk keluhan Nyeri Pinggang Bawah (NPB)

Berilah tanda silang (x) untuk jawaban yang sesuai dengan keadaan yang sebenarnya, ada 5 alternatif jawaban, yaitu :

- 5 : Selalu
- 4 : Sering
- 3 : Kadang – kadang
- 2 : Jarang
- 1 : Tidak Pernah



| No | Pernyataan | 5 | 4 | 3 | 2 | 1 |
|----|--|---|---|---|---|---|
| 1 | Saya merasakan panas pada daerah punggung bagian bawah seperti terbakar | | | | | |
| 2 | Saya merasakan sakit pada daerah punggung bagian bawah seperti tertusuk - tusuk | | | | | |
| 3 | Saya merasakan nyeri pada punggung bagian bawah pada saat duduk | | | | | |
| 4 | Saya merasakan nyeri pada punggung bagian bawah hanya pada saat bergerak (melakukan pekerjaan) | | | | | |
| 5 | Saya merasakan nyeri punggung pada saat posisi membungkuk | | | | | |
| 6 | Saya merasakan nyeri dari punggung bagian bawah sampai ke tungkai kaki | | | | | |
| 7 | Saya merasakan baal (mati rasa) pada daerah punggung bagian bawah atau lutut atau tungkai atau kaki | | | | | |
| 8 | Nyeri yang saya rasakan terjadi dalam waktu yang lama, nyeri yang hebat pada malam hari dan tidak membaik walaupun pada saat istirahat | | | | | |
| 9 | Nyeri yang saya rasakan disertai kesulitan tidur | | | | | |
| 10 | Nyeri yang saya rasakan disertai penurunan berat badan | | | | | |

Sumber : Hasil Modifikasi dari beberapa sumber (Bull,2007 dan jurnal)

DATA RESPONDEN

| No. Responden | Umur | Masa Kerja | Jenis Kelamin | SKOR REBA | Riwayat Penyakit |
|---------------|------|------------|---------------|-----------|------------------|
| 1 | 38 | 14 | P | 6 | YA |
| 2 | 38 | 14 | P | 4 | YA |
| 3 | 35 | 12 | P | 4 | TIDAK ADA |
| 4 | 32 | 14 | P | 4 | TIDAK ADA |
| 5 | 25 | 4 | P | 2 | TIDAK ADA |
| 6 | 33 | 14 | P | 4 | TIDAK ADA |
| 7 | 30 | 8 | P | 6 | TIDAK ADA |
| 8 | 22 | 1 | P | 3 | TIDAK ADA |
| 9 | 22 | 1 | P | 4 | TIDAK ADA |
| 10 | 42 | 15 | L | 4 | TIDAK ADA |
| 11 | 25 | 5 | L | 4 | TIDAK ADA |
| 12 | 32 | 15 | P | 4 | TIDAK ADA |
| 13 | 25 | 5 | L | 5 | TIDAK ADA |
| 14 | 42 | 16 | P | 4 | TIDAK ADA |
| 15 | 37 | 17 | P | 4 | TIDAK ADA |
| 16 | 28 | 8 | P | 4 | TIDAK ADA |
| 17 | 42 | 12 | P | 6 | TIDAK ADA |
| 18 | 46 | 20 | P | 3 | TIDAK ADA |
| 19 | 35 | 14 | P | 6 | TIDAK ADA |
| 20 | 30 | 14 | P | 3 | TIDAK ADA |
| 21 | 46 | 21 | P | 3 | TIDAK ADA |
| 22 | 26 | 7 | P | 3 | YA |
| 23 | 30 | 5 | P | 4 | TIDAK ADA |
| 24 | 25 | 7 | P | 5 | TIDAK ADA |
| 25 | 48 | 14 | P | 5 | TIDAK ADA |
| 26 | 45 | 15 | L | 5 | TIDAK ADA |
| 27 | 34 | 14 | L | 3 | TIDAK ADA |
| 28 | 23 | 3 | P | 3 | TIDAK ADA |
| 29 | 25 | 5 | P | 5 | TIDAK ADA |
| 30 | 42 | 16 | P | 5 | TIDAK ADA |
| 31 | 24 | 4 | P | 3 | TIDAK ADA |
| 32 | 42 | 7 | P | 5 | TIDAK ADA |

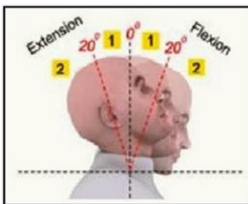
Pengukuran Sikap Kerja Dengan Metode REBA
(Rapid Entry Body Assesment)

Tabel A.

1. Pergerakan Leher

| Pergerakan | Nilai | Penambahan Nilai |
|-----------------------------------|-------|-----------------------------------|
| Fleksi 0° - 20° | 1 | +1 Jika leher memutar atau miring |
| Fleksi/ekstensi $> 20^{\circ}$ | 2 | |

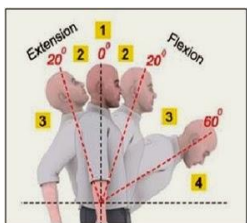
Skor:



2. Pergerakan Punggung

| Pergerakan | Nilai Skor | Penambahan Nilai |
|---|------------|---|
| Tegak Lurus | 1 | +1 Jika Posisi punggung memutar atau miring |
| Fleksi/Ekstensi 0° - 20° | 2 | |
| Fleksi 20° - 60° Ekstensi $> 20^{\circ}$ | 3 | |
| Fleksi $> 60^{\circ}$ | 4 | |

Skor:



3. Pergerakan Kaki

| Pergerakan | Nilai Skor | Penambahan Nilai |
|--|------------|---|
| Posisi Kaki Stabil atau tegak lurus, berdiri, berjalan atau duduk | 1 | +1 Jika lutut ditekuk 30^0-60^0 Fleksion +2 jika lutut ditekuk sebesar $>60^0$ (tidak dalam posisi duduk) |
| Posisi Kaki tidak stabil atau tidak tegak lurus, pada postur yang tidak stabil | 2 | |

Skor:

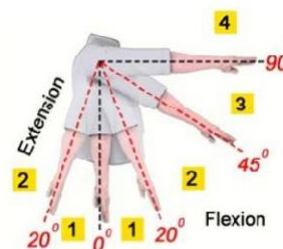


Tabel B

1. Pergerakan Lengan Atas

| Pergerakan | Nilai Skor | Penambahan Nilai |
|--|------------|--|
| Ekstensi 20^0 Fleksi 20^0 | 1 | +1 jika lengan atas abduksi atau berputar +1 Jika bahu naik atau mengangkat |
| Ekstensi $>20^0$ Fleksi 20^0-45^0 | 2 | -1 jika lengan atas mendapat sokongan atau tumpuan |
| Fleksi 45^0-90^0 | 3 | |
| Fleksi $>90^0$ | 4 | |

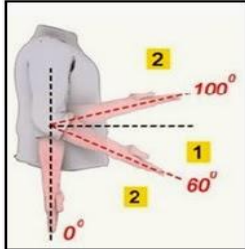
Skor:



2. Pergerakan Lengan Bawah

| Pergerakan | Nilai Skor |
|---|------------|
| Fleksi 60° - 100° | 1 |
| Fleksi $<60^{\circ}$ Fleksi $>100^{\circ}$ | 2 |

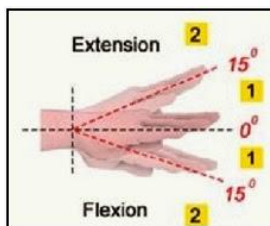
Skor :



3. Pergerakan Pergelangan

| Pergerakan | Nilai Skor | Penambahan Nilai |
|--|------------|--|
| Fleksi/Ekstensi 0° - 15° | 1 | +1 jika posisi pergelangan tangan berputar atau menyimpang |
| Fleksi/Ekstensi $>15^{\circ}$ | 2 | |

Skor :



Tabel skor REBA

Skor Tabel A

| Badan | Leher | | | | | | | | | | | |
|--------------|--------------|----------|----------|----------|-------------|----------|----------|----------|---|----------|----------|----------|
| | 1 | | | | 2 | | | | 3 | | | |
| | Kaki | | | | Kaki | | | | Kaki | | | |
| | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 1 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 3 | 3 | 5 | 6 |
| 2 | 2 | 3 | 4 | 5 | 3 | 4 | 5 | 6 | 4 | 5 | 6 | 7 |
| 3 | 2 | 4 | 5 | 6 | 4 | 5 | 6 | 7 | 5 | 6 | 7 | 8 |
| 4 | 3 | 5 | 6 | 7 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 |
| 5 | 4 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 7 | 8 | 9 | 9 |
| Beban | | | | | | | | | | | | |
| 0 | | | 1 | | | 2 | | | +1 | | | |
| <5kg | | | 5-10kg | | | >10kg | | | Penambahan beban secara tiba-tiba atau secara cepat | | | |



Skor Tabel B

| Lengan | Lengan Bawah | | | | | |
|--|--|----------|---|---------------------------|---|----------|
| | 1 | | | 2 | | |
| | Pergelangan Tangan | | | Pergelangan Tangan | | |
| | 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 |
| 5 | 6 | 7 | 8 | 7 | 8 | 8 |
| 6 | 7 | 8 | 8 | 8 | 9 | 9 |
| Genggaman | | | | | | |
| 0 - Baik | 1 – Kurang Baik | | 2 - Buruk | | 3 – Tidak Dapat Diterima | |
| Pegangan pas dan tepat ditengah genggaman kuat | Pegangan tangan bisa diterima tapi tidak ideal/coupling lebih sesuai digunakan oleh bagian lain dari tubuh | | Pegangan tangan tidak bisa diterima walaupun memungkinkan | | Dipaksakan, genggaman yang tidak aman, tanpa pegangan coupling tidak sesuai digunakan oleh bagian lain dari tubuh | |



Tabel Skor C

| Tabel C | | | | | | | | | | | | |
|--|--------|---|---|---|---|----|----|--|----|----|----|----|
| Skor B | Skor A | | | | | | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 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 | 8 | 8 | 8 | 9 | 9 | 10 | 11 | 11 | 12 | 12 | 12 | 12 |
| Aktivitas | | | | | | | | | | | | |
| +1 = jika 1 atau lebih bagian tubuh statis, ditahan >1 menit | | | | +1 = jika pengulangan gerakan dalam rentang waktu singkat, diulang lebih dari 4x pement (tidak termasuk berjalan) | | | | +1 = Jika gerakan menyebabkan perubahan atau pergeseran postur yang cepat dari posisi awal | | | | |



| Action Level | Skor REBA | Tingkat Risiko | Tindakan Pengendalian Lebih Lanjut |
|--------------|-----------|----------------------|------------------------------------|
| 0 | 1 | Tidak ada Risiko | Tidak Perlu Tindakan Lebih Lanjut |
| 1 | 2-3 | Risiko Rendah | Mungkin Perlu Tindakan |
| 2 | 4-7 | Risiko Sedang | Perlu Tindakan |
| 3 | 8-10 | Risiko Tinggi | Perlu Tindakan Secepatnya |
| 4 | 11-15 | Risiko Sangat Tinggi | Perlu Tindakan Sekarang Juga |

