

LAMPIRAN

1. Form Penilaian dan Perhitungan ROSA

User Name: Indrayani Group: Kecamatan Sleman (Ummu dan Kepegawaian)
 Date: 25 Jul 2019
 Assessed by: Dina Alfathan

THE RAPID OFFICE STRAIN ASSESSMENT
DEVELOPED BY MICHAEL DOWNE, MPH, SC.

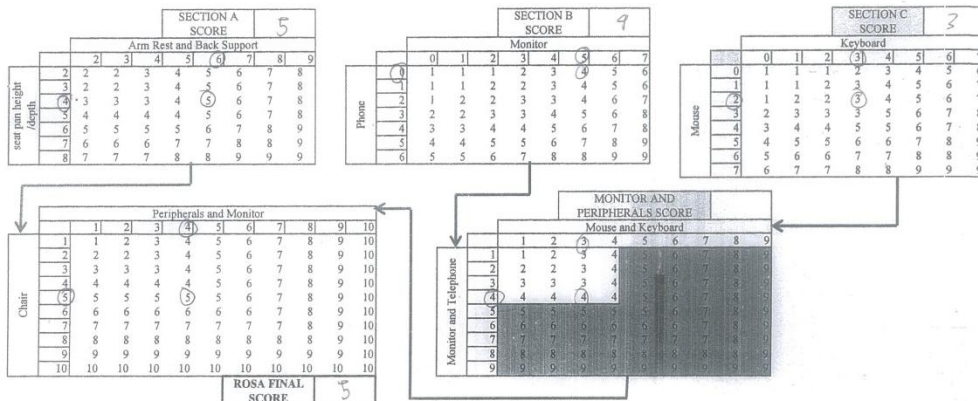
Section A - Chair Chair Height: AREA SCORE: <u>2</u> Non-Adjustable (+3)				Section B - Monitor and Telephone Monitor: AREA SCORE: <u>2+1</u> Telephone: AREA SCORE: <u>1</u>							
Knees at 90° (1) Too low - Knee Angle <90° (2) Too High - Knee Angle >90° (2) No foot contact on ground (3) Inefficient Space Under Desk - Ability to Cross Legs (+1) AREA SCORE: <u>2</u>				Arm's Length Distance (40" - 78") / Screen at Eye Level (1) Too Low (below 30°) (2) Too High (Neck Extension) (3) Neck Twist Greater than 30° (+1) Glare on Screen (+1) Documents - No Holder (+1) DURATION: <u>+1</u> Monitor Score: <u>25</u>							
Plan Depth: AREA SCORE: <u>2</u> Non-Adjustable (+3)				Headset / One Hand on Phone & Neutral Neck Posture (1) Too Far of Reach (outside of 30cm) (2) Neck and Shoulder Hold (+2) Phone Score: <u>1</u> DURATION: <u>+1</u> ROSA SCORE: <u>1</u>							
Armrests: AREA SCORE: <u>3</u> Non-Adjustable (+3)				Section C: Mouse and Keyboard Mouse: AREA SCORE: <u>1</u>							
Elbows unsupported in line with shoulder, shoulders relaxed (1) Too High (Shoulders Struggled) / Low (Arms Unsupported) (2) Hard/damaged surface (+1) Too Wide (+1) AREA SCORE: <u>3</u>				Mouse in Line with Shoulder (1) Reaching to Mouse (2) Mouse/Keyboard on Different Surfaces (+2) Pinch Grip on Mouse (+1) Platform in Front of Mouse (+1) DURATION: <u>+1</u> MOUSE SCORE: <u>2</u>							
Back Support: AREA SCORE: <u>3</u> Back Rest Non-Adjustable (+3)				Keyboard: AREA SCORE: <u>2</u>							
Adequate Lumbar Support - Chair reclined between 95° - 110° (1) No Lumbar Support OR Lumbar Support not Positioned in Small of Back (2) Angled Too Far Back (Greater than 120°) OR Angled Too Far Forward (Less than 95°) (2) No Back Support (In Stool, OR Worker Leaning Forward) (2) Work Surface too High (Shoulders Struggled) (+1) DURATION: <u>+1</u> CHAIR SCORE: <u>2</u>				Wrist Straight, Shoulders Relaxed (1) Wrist Extended/ Keyboard on Positive Angle >15° Wrist Extension (2) Deviation while Typing (+1) Keyboard Too High - Shoulders Struggled (+1) Reaching to Overhead Items (+1) DURATION: <u>+1</u> KEYBOARD SCORE: <u>2</u> ROSA SCORE: <u>2</u>							
Chair		Monitor and Telephone		Mouse and Keyboard		ROSA FINAL SCORE		DURATION INSTRUCTIONS		Peripherals and Monitor Score	

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EMPLOYEE NAME: Indrayani
 DATE: _____
 ASSESSED BY: _____

ROSA SCORING INSTRUCTIONS

- Add Seat Pan and Seat Depth scores together to receive Section A vertical Axis Score. Add Arm Rest and Back Rest scores together to receive the vertical axis score. Using these scores, follow the scoring chart to receive the Chair Score. Add the appropriate duration score based on the amount of time the worker spends in the chair per day.
- Add the score for the Monitor with the appropriate duration score to receive the value for the horizontal axis in Section B. Add the telephone score together plus the appropriate duration score to receive the vertical axis for Section B. Using these scores, follow the scoring chart to receive the Section B score.
- Add the score for the Keyboard with the appropriate duration score to receive the value for the horizontal axis in Section C. Add the score of the mouse to the appropriate duration score to receive the vertical axis for Section C. Using these scores, follow the scoring chart to receive the Section C score.
- Use the score from step 2 to receive the score for the vertical axis in the peripheral and monitor section. Use the score from step 3 to receive the score for the horizontal axis in the peripheral and monitor section.
- Use the score from Step 1 (Section A) to receive the value for the vertical axis in the grand score chart. Use the score from step 4 to receive the score for the horizontal axis in the grand score chart. Using these two scores, find the corresponding Grand ROSA score.



2. Foto-foto Pegawai

