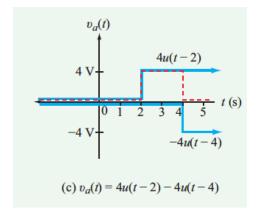How are the ramp and rectangle functions related to the step function?

$$r(t) = \int_{-\infty}^{t} u(t)\, dt = t\, u(t),$$

The ramp function is given by the integral of the step function.

(c) $v_a(t) = 4u(t-2) - 4u(t-4)$

The rectangle function is the sum of a positive step that start at the beginning of the rectangle and a negative step that starts at the end of the rectangle.