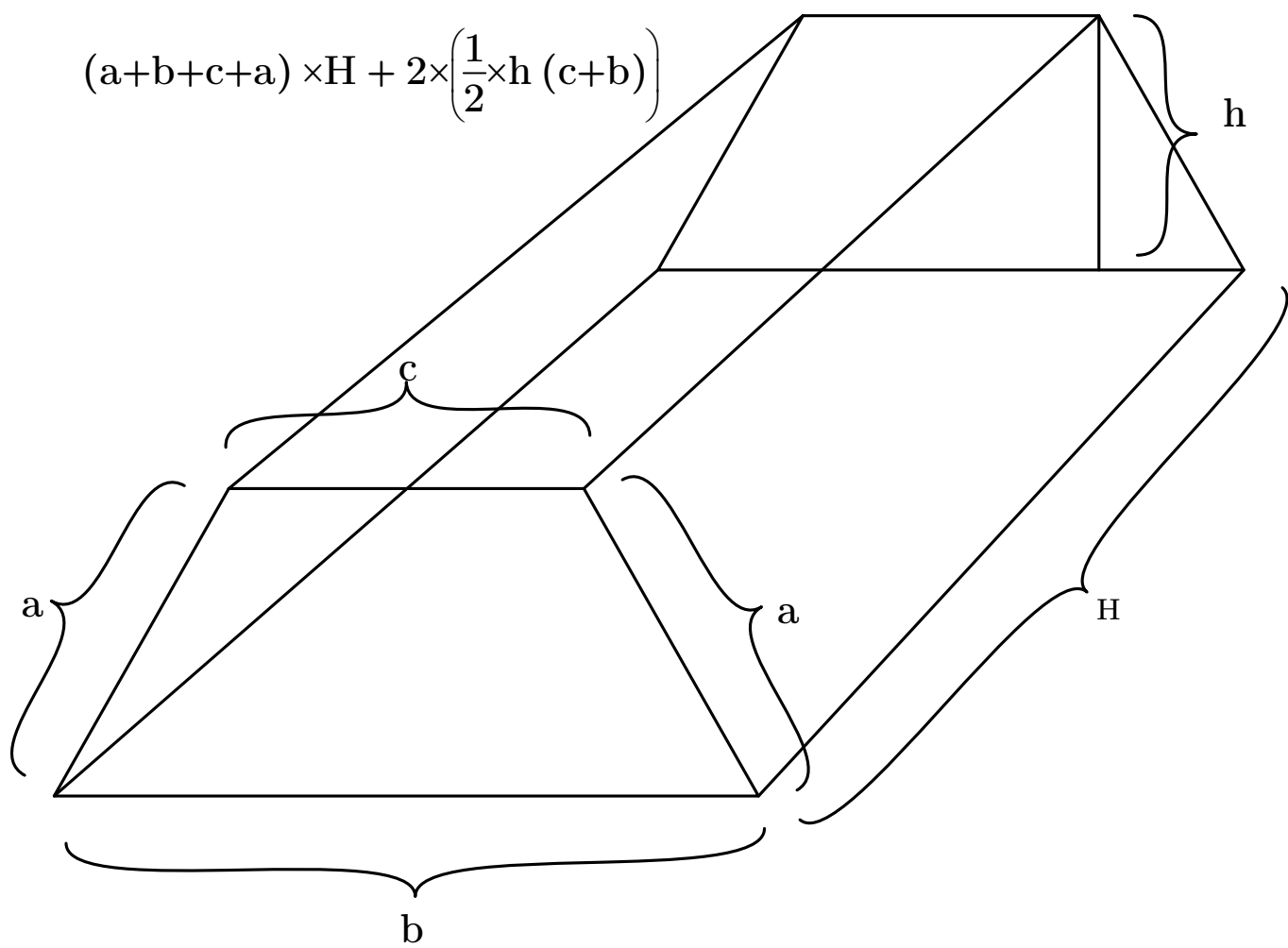Surface Area = Perimeter of Base Trapezoid × Height + 2 Area of a Base Trapezoid

$$(a+b+c+a) \times H + 2 \times \left(\frac{1}{2} \times h\,(c+b) \right)$$

h

c

a

a

H

b

The surface area of this shape is just the sum of four rectangles, and two trapezoids.