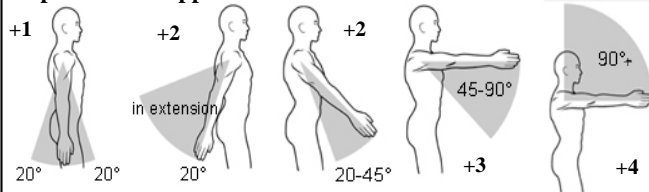


RULA Employee Assessment Worksheet

based on RULA: a survey method for the investigation of work-related upper limb disorders, McAtamney & Corlett, Applied Ergonomics 1993, 24(2), 91-99

A. Arm and Wrist Analysis

Step 1: Locate Upper Arm Position:

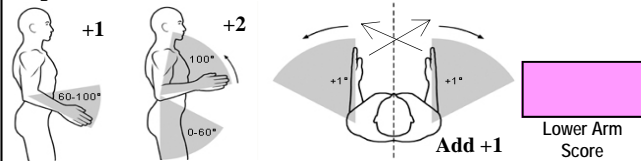


Step 1a: Adjust...

- If shoulder is raised: +1
- If upper arm is abducted: +1
- If arm is supported or person is leaning: -1

Upper Arm Score

Step 2: Locate Lower Arm Position:

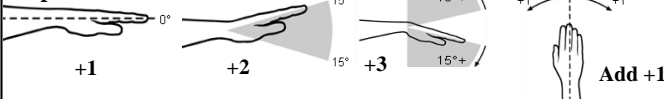


Step 2a: Adjust...

- If either arm is working across midline or out to side of body: Add +1

Lower Arm Score

Step 3: Locate Wrist Position:



Step 3a: Adjust...

- If wrist is bent from midline: Add +1

Wrist Score

Step 4: Wrist Twist:

- If wrist is twisted in mid-range: +1
- If wrist is at or near end of range: +2

Wrist Twist Score

Step 5: Look-up Posture Score in Table A:

Using values from steps 1-4 above, locate score in Table A

Posture Score A

Step 6: Add Muscle Use Score

- If posture mainly static (i.e. held > 1 min), Or if action repeated occurs 4X per minute: +1

Muscle Use Score

Step 7: Add Force/Load Score

- If load < .44 lbs (intermittent): +0
- If load 4.4 to 22 lbs (intermittent): +1
- If load 4.4 to 22 lbs (static or repeated): +2
- If more than 22 lbs or repeated or shocks: +3

Force/Load Score

Step 8: Find Row in Table C

Add values from steps 5-7 to obtain Wrist and Arm Score. Find row in Table C.

Wrist & Arm Score

SCORES

Upper Arm	Lower Arm	1		2		3		4	
		Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist
1	1	1	2	2	2	3	3	3	3
	2	2	2	2	2	3	3	3	3
	3	2	3	3	3	3	3	4	4
2	1	2	3	3	3	3	4	4	4
	2	3	3	3	3	3	4	4	4
	3	3	4	4	4	4	4	5	5
3	1	3	3	4	4	4	4	5	5
	2	3	4	4	4	4	4	5	5
	3	4	4	4	4	4	5	5	5
4	1	4	4	4	4	4	5	5	5
	2	4	4	4	4	4	5	5	5
	3	4	4	4	5	5	5	6	6
5	1	5	5	5	5	5	6	6	7
	2	5	6	6	6	6	7	7	7
	3	6	6	6	7	7	7	7	8
6	1	7	7	7	7	7	8	8	9
	2	8	8	8	8	8	9	9	9
	3	9	9	9	9	9	9	9	9

Wrist and Arm Score	Neck, trunk and leg score						
	1	2	3	4	5	6	7+
1	1	2	3	3	4	5	5
2	2	2	3	4	4	5	5
3	3	3	3	4	4	5	6
4	3	3	3	4	5	6	6
5	4	4	4	5	6	7	7
6	4	4	5	6	6	7	7
7	5	5	6	6	7	7	7
8+	5	5	6	7	7	7	7

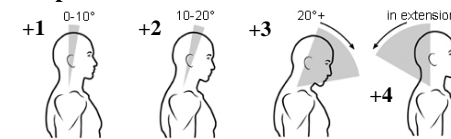
Scoring: (final score from Table C)

- 1 or 2 = acceptable posture
- 3 or 4 = further investigation, change may be needed
- 5 or 6 = further investigation, change soon
- 7 = investigate and implement change

Final Score

B. Neck, Trunk and Leg Analysis

Step 9: Locate Neck Position:

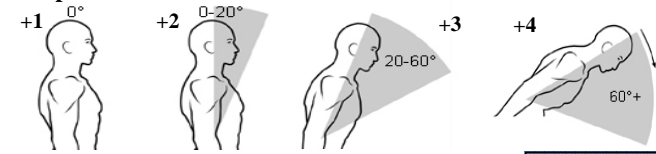


Step 9a: Adjust...

- If neck is twisted: +1
- If neck is side bending: +1

Neck Score

Step 10: Locate Trunk Position:



Step 10a: Adjust...

- If trunk is twisted: +1
- If trunk is side bending: +1

Trunk Score

Step 11: Legs:

- If legs and feet are supported: +1
- If not: +2

Leg Score

Neck Posture Score	Table B: Trunk Posture Score											
	1		2		3		4		5		6	
	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	
1	1	3	2	3	3	4	5	5	6	6	7	7
2	2	3	2	3	4	5	5	5	6	7	7	7
3	3	3	3	4	4	5	5	6	6	7	7	7
4	5	5	5	6	6	7	7	7	7	7	8	8
5	7	7	7	7	7	8	8	8	8	8	8	8
6	8	8	8	8	8	8	8	8	9	9	9	9

Step 12: Look-up Posture Score in Table B:

Using values from steps 9-11 above, locate score in Table B

Posture Score B

Step 13: Add Muscle Use Score

- If posture mainly static (i.e. held > 1 min), Or if action repeated occurs 4X per minute: +1

Muscle Use Score

Step 14: Add Force/Load Score

- If load < .44 lbs (intermittent): +0
- If load 4.4 to 22 lbs (intermittent): +1
- If load 4.4 to 22 lbs (static or repeated): +2
- If more than 22 lbs or repeated or shocks: +3

Force/Load Score

Step 15: Find Column in Table C

Add values from steps 12-14 to obtain Neck, Trunk and Leg Score. Find Column in Table C.

Neck, Trunk & Leg Score

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

provided by Practical Ergonomics