RULA Employee Assessment Worksheet

A. Arm and Wrist Analysis

Step 1: Locate Upper Arm Position:

+1  20°  20°  10°
+2  0°   0°   0°
+3  0°   0°   90°
+4  0°   0°   90°

Step 1a: Adjust...
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1

Step 2: Locate Lower Arm Position:

+1  20°  90°
+2  90°  90°
Add +1

Step 2a: Adjust...
If either arm is working across midline or out to side of body: Add +1

Step 3: Locate Wrist Position:

+0  0°  0°
+2  0°  0°
Add +1

Step 3a: Adjust...
If wrist is bent from midline: Add +1

Step 4: Wrist Twist:
If wrist is twisted in mid-range: +1
If wrist is at or near end of range: +2

Step 5: Look-up Posture Score in Table A:
Using values from steps 1-4 above, locate score in Table A

Step 6: Add Muscle Use Score
If posture mainly static (i.e. held>10 minutes),
Or if action repeated occurs 4x per minute: +1

Step 7: Add Force/Load Score
If load < .44 lbs. (intermittent): +0
If load ≥.44 to 22 lbs. (intermittent): +1
If load ≥.44 to 22 lbs. (static or repeated): +2
If more than 22 lbs. or repeated or shocks: +3

Step 8: Find Row in Table C
Add values from steps 5-7 to obtain
Wrist and Arm Score. Find row in Table C.

B. Neck, Trunk and Leg Analysis

Step 9: Locate Neck Position:

+1  60°
+2  180°
+3  360°
+4  360°

Step 9a: Adjust...
If neck is twisted: +1
If neck is side bending: +1

Step 10: Locate Trunk Position:

+1  0°
+2  90°
+3  180°
+4  270°

Step 10a: Adjust...
If trunk is twisted: +1
If trunk is side bending: +1

Step 11: Legs:
If legs and feet are supported: +1
If not: +2

Step 12: Look-up Posture Score in Table B:
Using values from steps 9-11 above, locate score in Table B

Step 13: Add Muscle Use Score
If posture mainly static (i.e. held>10 minutes),
Or if action repeated occurs 4x per minute: +1

Step 14: Add Force/Load Score
If load < .44 lbs. (intermittent): +0
If load ≥.44 to 22 lbs. (intermittent): +1
If load ≥.44 to 22 lbs. (static or repeated): +2
If more than 22 lbs. or repeated or shocks: +3

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.

Scoring (final score from Table C)
1-2 = acceptable posture
3-4 = further investigation, change may be needed
5-6 = further investigation, change soon
7 = investigate and implement change

Original Worksheet Developed by Dr. Alan Hedge. Based on RULA: a survey method for the investigation of work-related upper limb disorders, McAtamney & Corlett, Applied Ergonomics 1993, 24(2), 9199