

# Rapid Upper Limb Assessment

# When To Use It

- When tasks have been flagged by the Job Screen
- Task-level upper limb postural evaluations

**RULA Data Collection**

Department: \_\_\_\_\_ Job: \_\_\_\_\_ Task: \_\_\_\_\_

**Upper Arm Position**

+1 20°-20° +2 20° In extension +2 20°-45° +3 45°-90° +4 90°+

**Upper Arm Adjustment**

+1 Shoulder is raised +1 Upper arm is abducted -1 Arm is supported or person is leaning

**Lower Arm Position**

+1 60°-100° +2 0°-60° +2 100°+

**Lower Arm Adjustment**

Is either arm working across midline or out to the side of the body?  
 Yes  No

**Wrist Position**

+1 0° +2 15°-15° +3 15°+ +3 15°+

**Wrist Adjustment**

Is wrist bent from midline?  
 Yes  No

**Wrist Twist**

Is wrist twisted in mid-range?  Yes  No  
Is wrist at or near end of range?  Yes  No

**Muscle Use**

Posture is mainly static (held < 1 minute) or action repeatedly occurs (4x per minute)  Yes  No

**Force/Load**

< 4.4 lbs. (intermittent)  4.4 to 22 lbs. (static or repeated)  
 4.4 to 22 lbs. (intermittent)  > 22 lbs. or repeated or shocks

**Neck Position**

+1 0°-10° +2 10°-20° +3 20°+ +4 In extension

**Neck Adjustment**

+1 Neck side bending +1 Neck twisted

**Trunk Position**

+1 0° +2 0°-20° +3 20°-60° +4 60°+

**Trunk Adjustment**

+1 Twisted +1 Side bending

**Legs**

Legs and feet are supported  Legs and feet are not supported

**Muscle Use**

Posture is mainly static (held < 1 minute) or action repeatedly occurs (4x per minute)  Yes  No

**Force/Load**

< 4.4 lbs. (intermittent)  4.4 to 22 lbs. (static or repeated)  
 4.4 to 22 lbs. (intermittent)  > 22 lbs. or repeated or shocks



## Arms and Wrists:

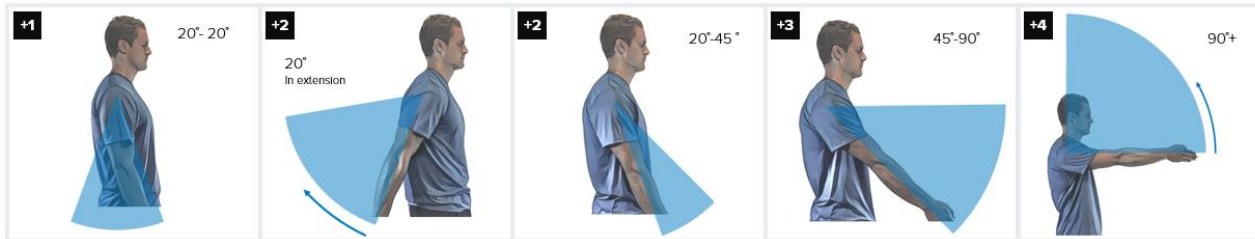
- Upper Arm
- Lower Arm
- Wrist
- Wrist Twist
- Muscle Use & Load/Force

## Neck, Trunk, and Legs:

- Neck
- Trunk
- Leg Score
- Muscle Use & Load/Force



# Upper Arm

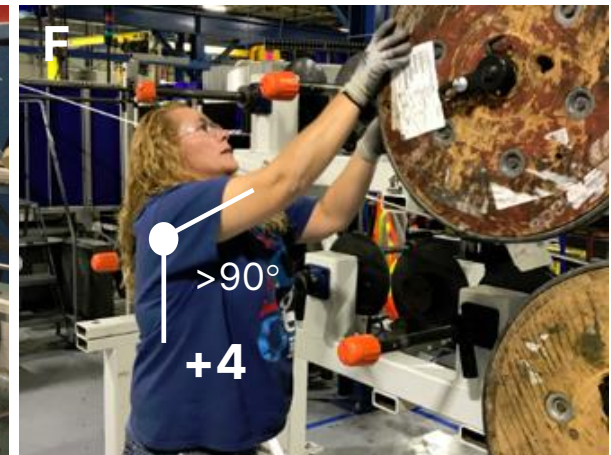
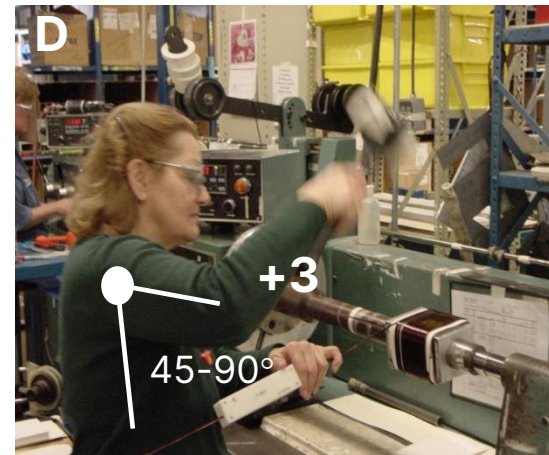
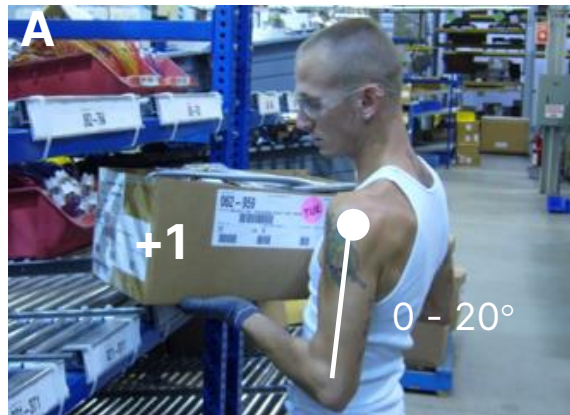


## Upper Arm adjustment:

If shoulder is raised: +1

If upper arm is abducted: +1

If arm is supported or person is leaning: -1



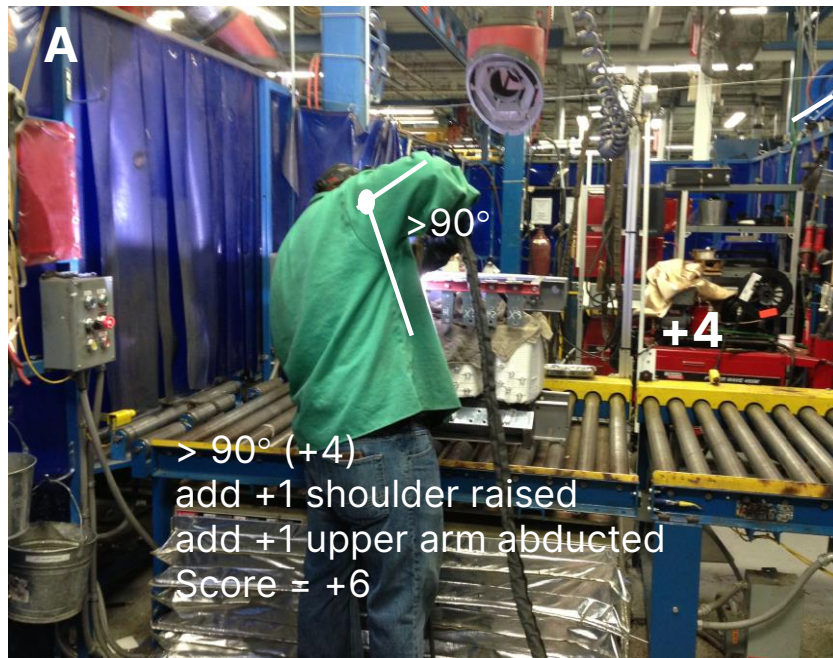
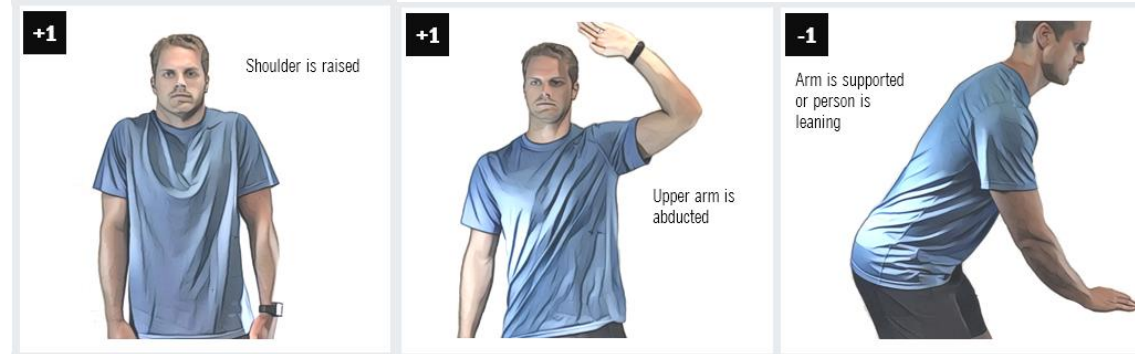
# Upper Arm

## Upper Arm adjustment:

If shoulder is raised: +1

If upper arm is abducted: +1

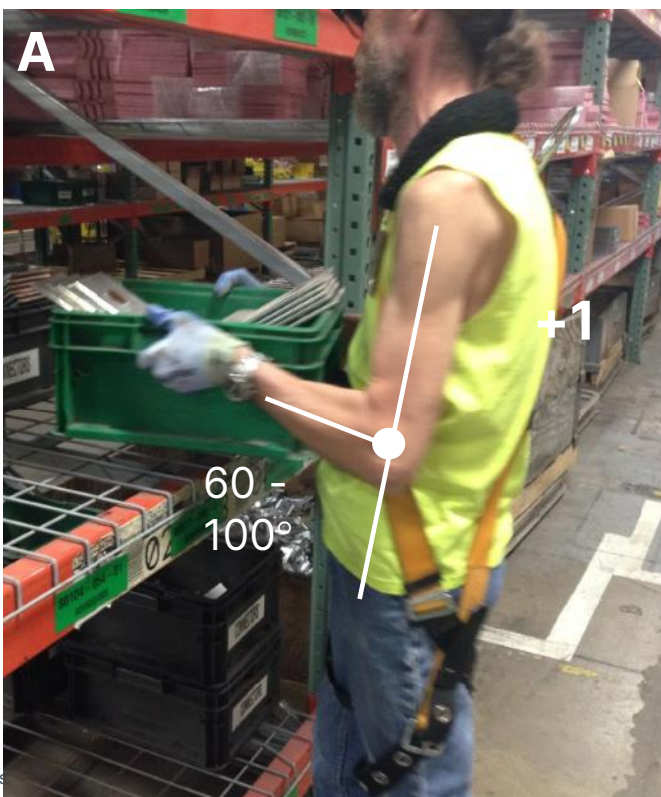
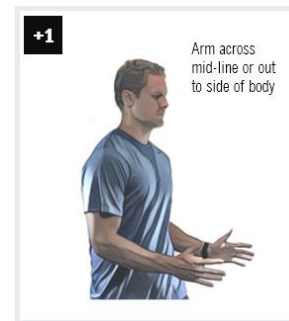
If arm is supported or person is leaning: -1



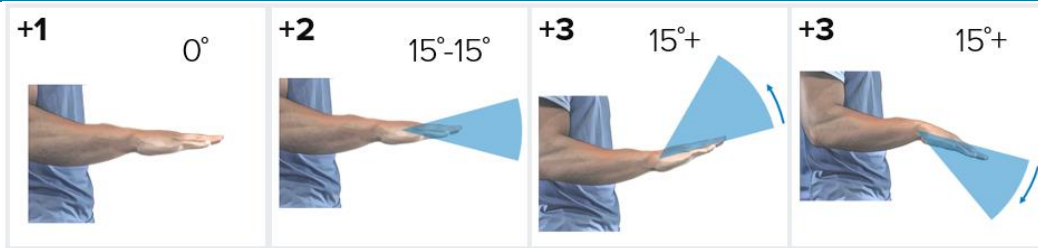
# Lower Arm



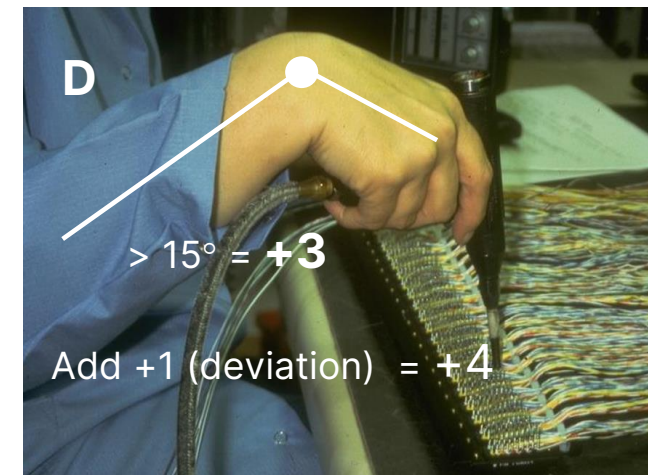
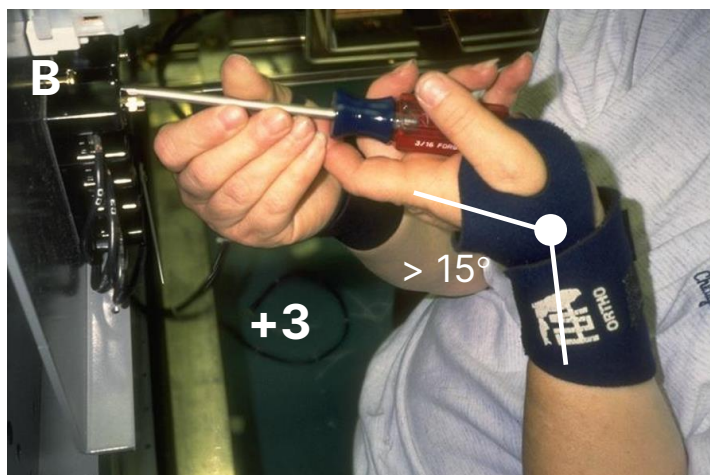
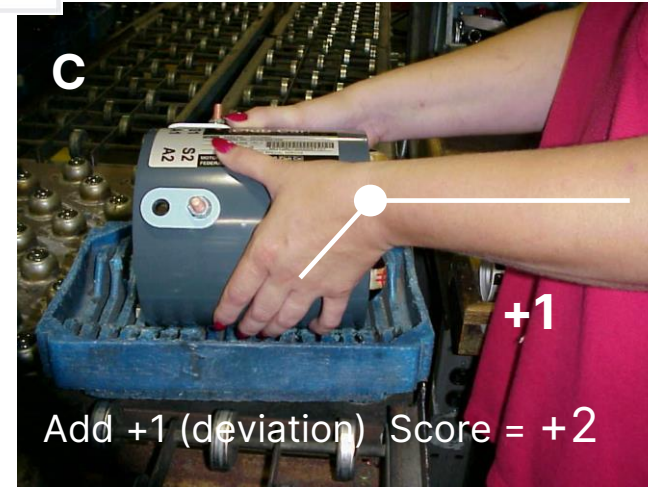
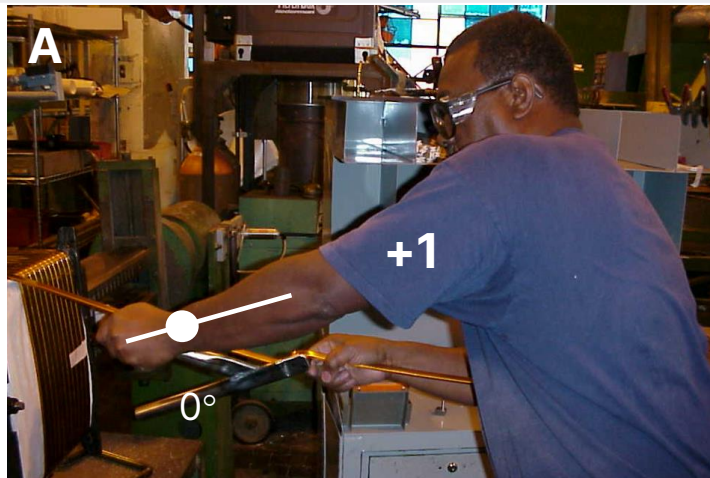
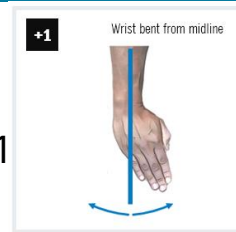
Step 2a: Adjust...  
If either arm is  
working across  
midline or out  
to side of body: Add  
+1



# Wrist



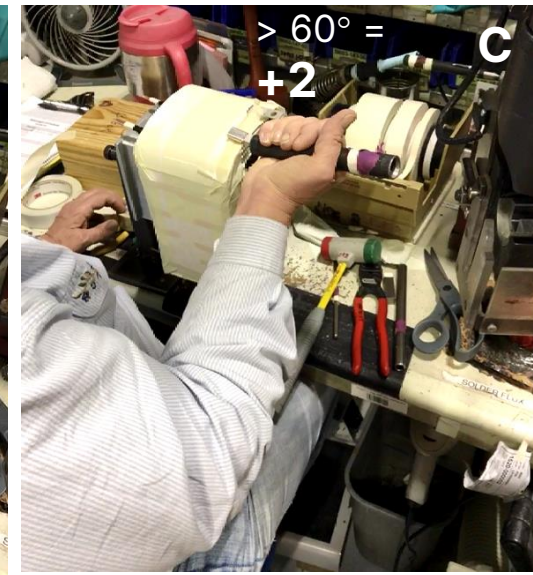
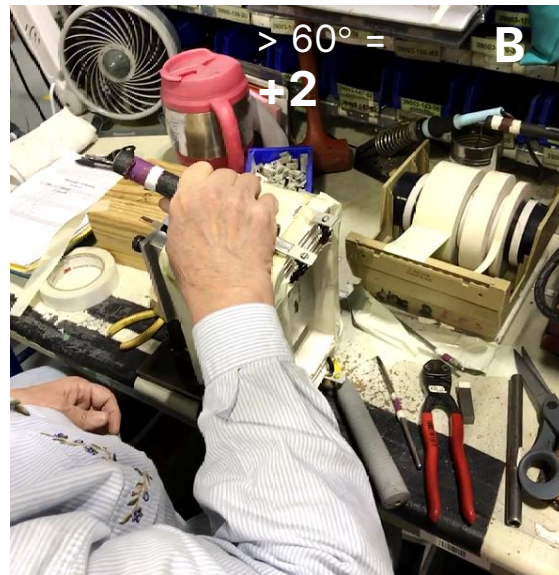
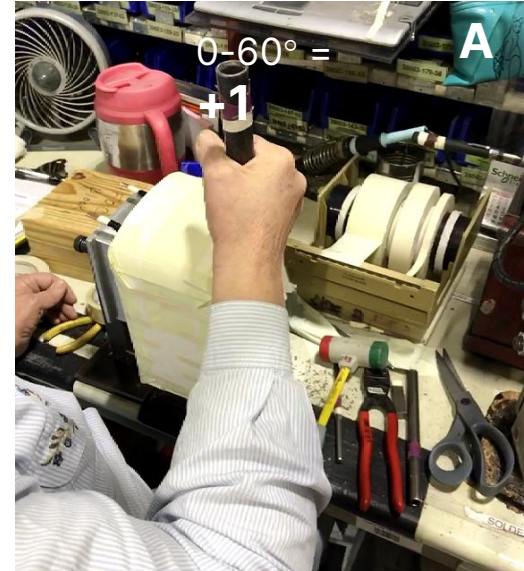
**Wrist adjustment:**  
If wrist is deviated: +1



# Wrist Twist

## Step 4: Wrist Twist:

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



# Muscle Use & Force/Load

## Muscle Use Score

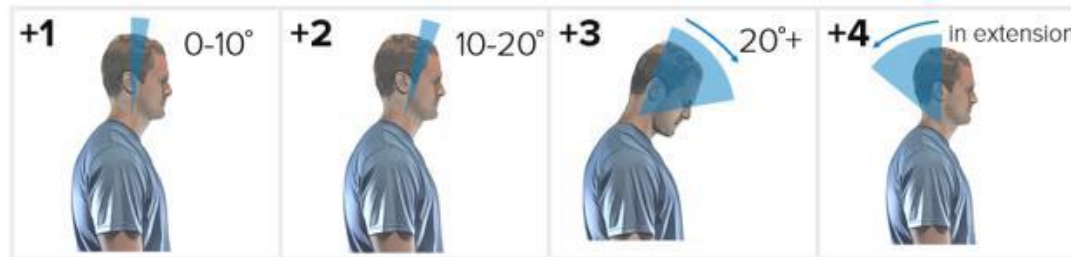
The muscle use score will be either 0 or +1. Add +1 if these conditions exist:  
If posture mainly static (i.e. held >1 minute),  
or if action repeated occurs 4X per minute,  
+1 is added to the score. If none of these conditions exist, enter 0 as the muscle use score.

## Force / Load Score

The force/load score will be 0 - 3.  
If load < .4.4 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



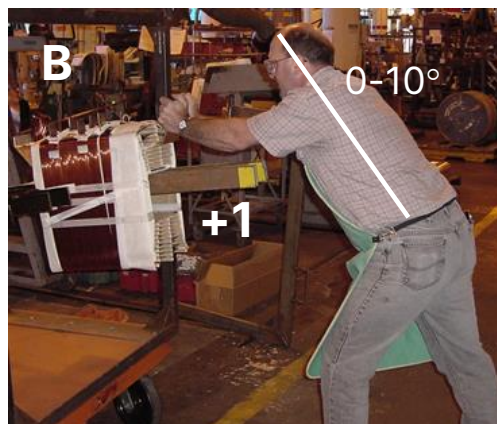
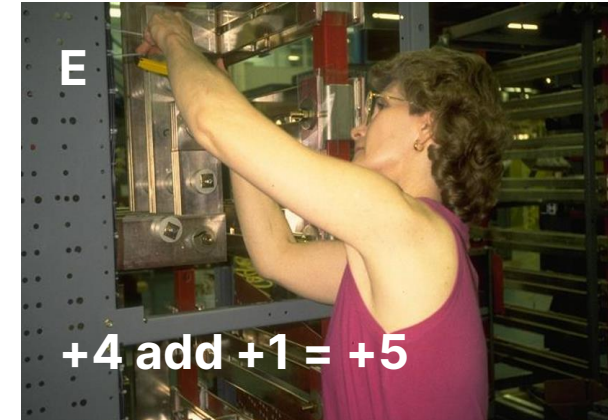
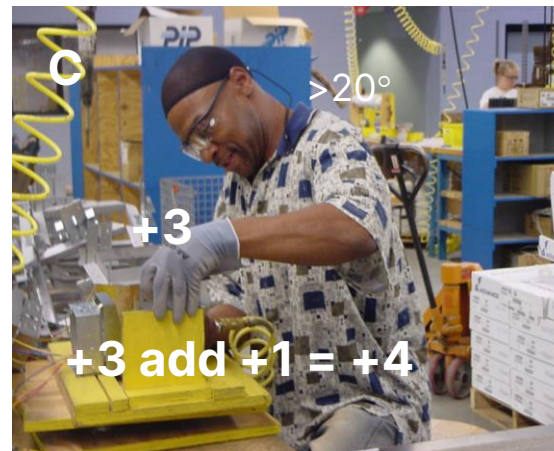
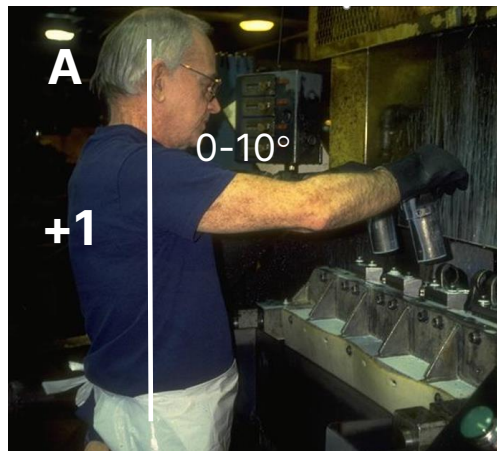
# Neck



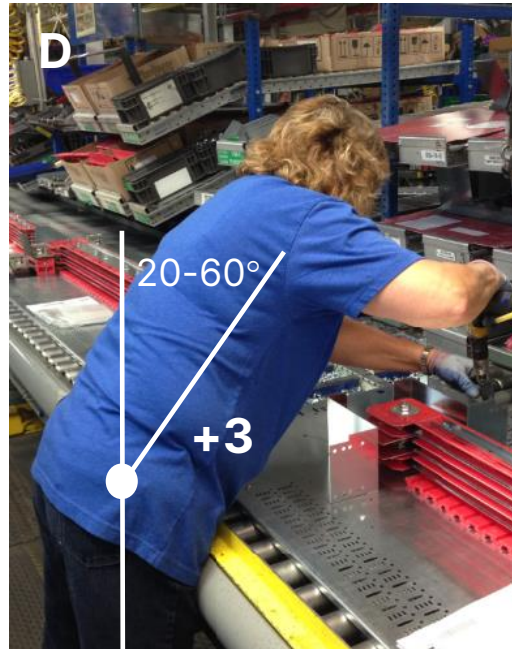
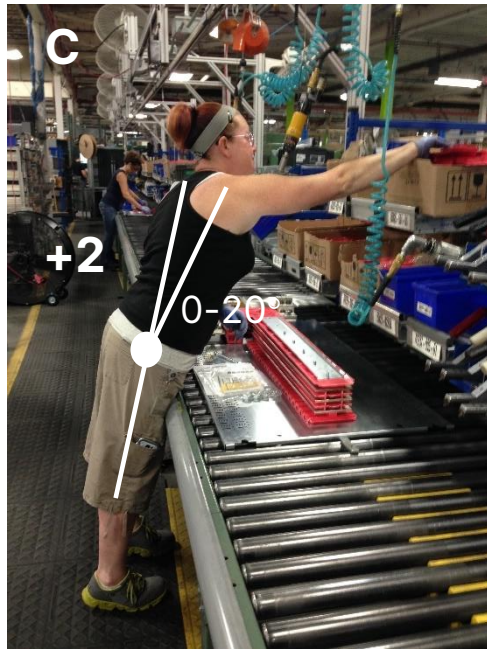
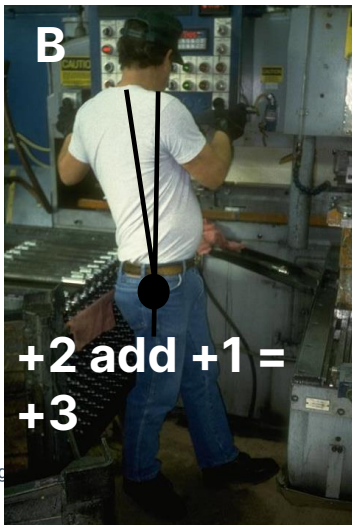
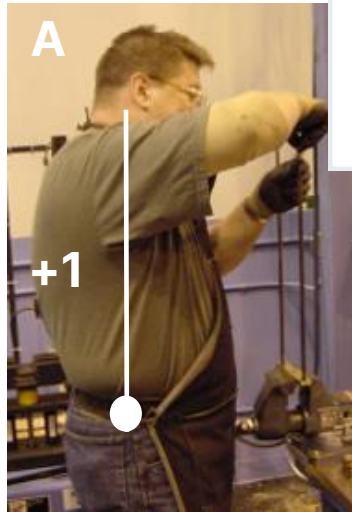
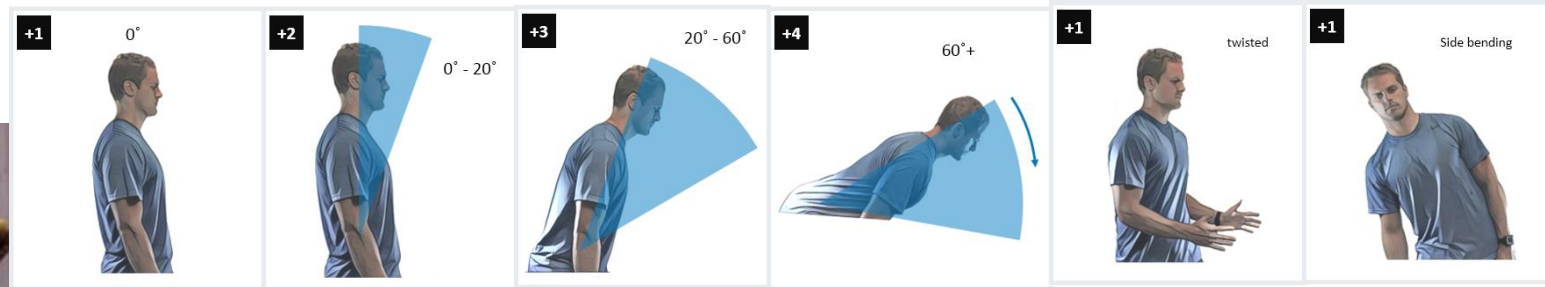
## Neck position adjustment:

Add +1 - If neck is twisted

Add +1 - if neck is side bending



# Trunk

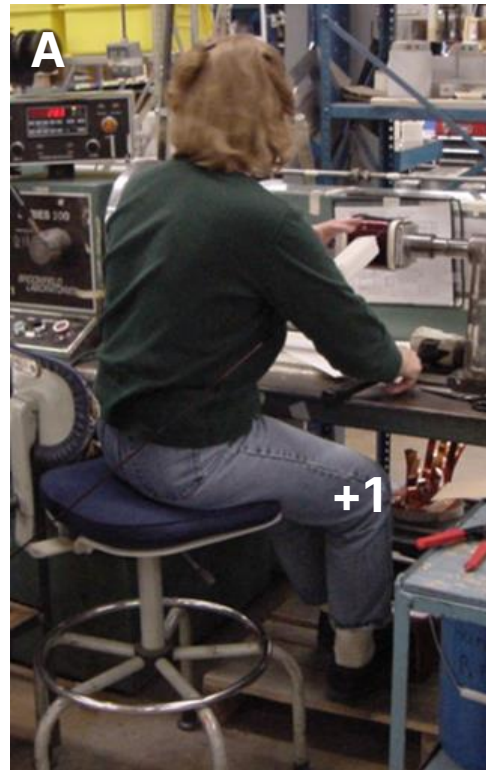


# Leg

## Leg score:

If legs and feet are supported: +1

If not: +2



# Muscle Use and Force/Load

## Muscle Use Score

The muscle use score will be either 0 or +1.

Add +1 if these conditions exist:

If posture mainly static (i.e. held > 1 minute), or if action repeated occurs 4X per minute, +1 is added to the score.

If none of these conditions exist, enter 0 as the muscle use score.

## Force / Load Score

The force/load score will be 0 - 3.

If load < .4.4 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



# Outputs

The output of the RULA assessment tool is the final RULA Score, which is a single score that represents the level of MSD risk for the work task being evaluated:

Score	Level of MSD Risk
1-2	negligible risk, no action required
3-4	low risk, change may be needed
5-6	medium risk, further investigation, change soon
6+	very high risk, implement change now

