

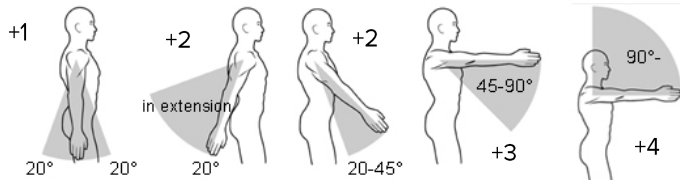
# RULA Employee Assessment Worksheet

Task Name: \_\_\_\_\_

Date: \_\_\_\_\_

## A. Arm and Wrist Analysis

### Step 1: Locate Upper Arm Position:



Step 1a: Adjust...

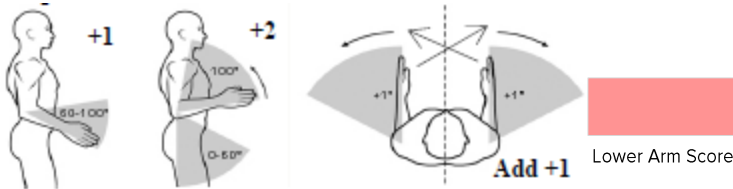
If shoulder is raised: +1

If upper arm is abducted: +1

If arm is supported or person is leaning: -1

Upper Arm Score

### Step 2: Locate Lower Arm Position:

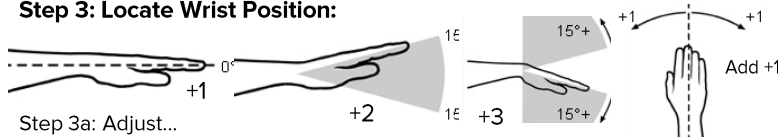


Lower Arm Score

Step 2a: Adjust...

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

### Step 3: Locate Wrist Position:



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

Wrist Twist Score

Wrist 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 > 10 minutes),

Or if action repeated occurs 4X per minute: +1

Muscle Use Score

### Step 7: Add Force/Load Score

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

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

Table A		Wrist Score							
		1		2		3		4	
Upper Arm	Lower Arm	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist
		1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2
1	1	1	2	2	2	2	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	2	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

Table C		Neck, Trunk, Leg Score						
		1	2	3	4	5	6	7+
Wrist / Arm Score	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	4	3	3	3	4	5	6
	5	4	4	4	4	5	6	7
	6	4	4	4	5	6	6	7
	7	5	5	6	6	6	7	7
	8+	5	5	6	7	7	7	7

Scoring: (final score from Table C)

1-2 = acceptable posture

3-4 = further investigation, change may be needed

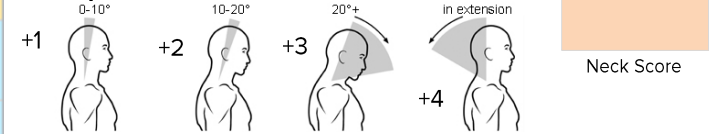
5-6 = further investigation, change soon

7 = investigate and implement change

RULA Score

## B. Neck, Trunk and Leg Analysis

### Step 9: Locate Neck Position:

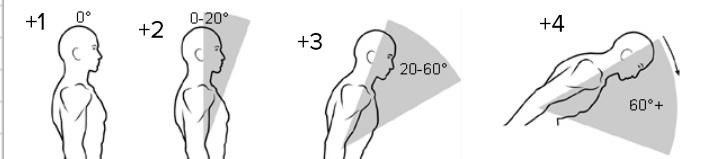


Step 9a: Adjust...

If neck is twisted: +1

If neck is side bending: +1

### Step 10: Locate Trunk Position:



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

Trunk Score

Leg Score

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

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

Using values from steps 9-11 above,

locate score in Table B

Posture B Score

### Step 13: Add Muscle Use Score

If posture mainly static (i.e. held > 10 minutes),

Or if action repeated occurs 4X per minute: +1

Muscle Use Score

### Step 14: Add Force/Load Score

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

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