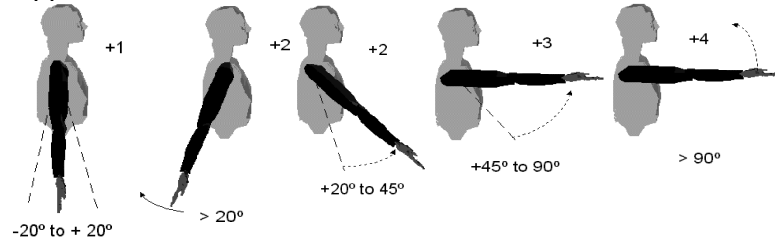


# RULA Assessment Worksheet

## Upper Arm Score

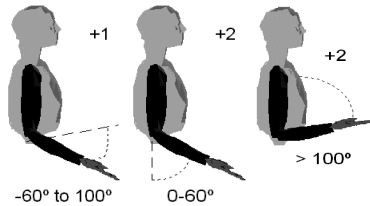


Adjustments:

Add 1 if shoulder is raised or upper arm abducted  
 Subtract 1 if arm is supported or trunk is leaning

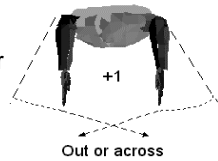
Upper Arm

## Lower Arm Score



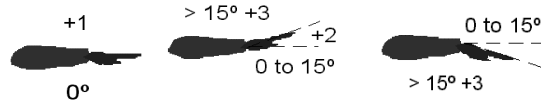
Adjustments:

Add 1 if working across midline or to side of body



Lower Arm

## Wrist Score



Adjustments:

Add 1 if wrist is bent laterally from midline



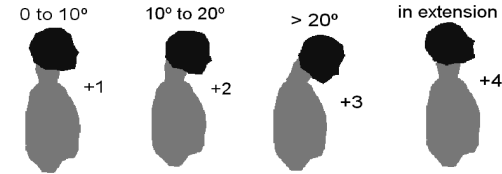
Wrist

Wrist Twist

## Wrist Twist Score

1 if wrist twist is in mid-range, 2 if near limit

## Neck Score

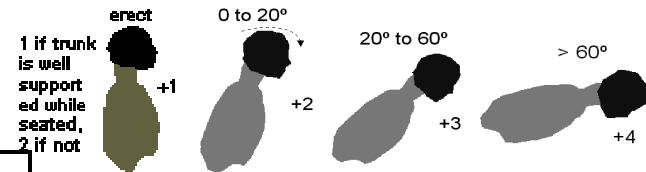


Neck

Adjustments:

Add 1 if neck is twisted or bent to side

## Trunk Score



Trunk

## Leg Score

1 if legs and feet are well supported in a balanced posture, 2 if not

Legs

Procedure:

1. Observe postures and enter scores
2. Look up arm/wrist score in Table 1
3. Look up neck/trunk/legs score in Table 2
4. Adjust scores for frequency and force
5. Look up RULA score in Table 3

RULA Score

Subject: \_\_\_\_\_

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

Scorer: \_\_\_\_\_

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

# RULA Assessment Worksheet

## Frequency Adjustment:

- 0 if moderate posture, neither static nor highly repetitive
- 1 if static posture maintained for more than 1 minute or highly repetitive posture repeated more than 4 time/minute

## Force Adjustment:

- 0 No resistance, or less than 2 kg intermittent force or load
- 1 2-10 kg intermittent force or load
- 2 2-10 kg static force or load, or 2-10 kg repeated force or load
- 3 10 kg or more static or repeated force or load
- 4 Shock or forces with rapid buildup

## Calculation:

Upper Arm Score   Neck Score

Lower Arm Score   Trunk Score

Wrist Score   Leg Score

Wrist Twist Score

Table 1 Score   Table 2 Score

+                    +

Frequency Adj.

+                    +

Force Adj.

+                    +

Total Score

Table 3 Score

## Action Levels:

- 1,2 = Acceptable                    7 = Immediate action
- 3,4 = Investigate further
- 5,6 = Investigate and change soon

Table 1

Upper Arm	Lower Arm	Wrist							
		1		2		3		4	
		Twist 1	Twist 2	Twist 1	Twist 2	Twist 1	Twist 2	Twist 1	Twist 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	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

Table 2

		Trunk											
		1		2		3		4		5		6	
		Legs 1	Legs 2	Legs 1	Legs 2	Legs 1	Legs 2	Legs 1	Legs 2	Legs 1	Legs 2	Legs 1	Legs 2
N e c k	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	8
	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

Table 3

		Neck, trunk and leg						
W	r	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