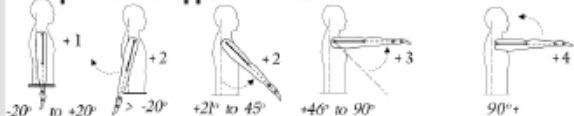


RULA Employee Assessment Worksheet

Complete this worksheet following the step-by-step procedure below. Keep a copy in the employee's personnel folder for future reference.

A. Arm & 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

Final Upper Arm Score =

Step 2: Locate Lower Arm Position

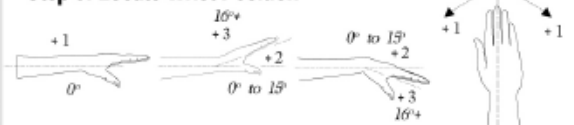


Step 2a: Adjust...

If arm is working across midline of the body: +1;
If arm out to side of body: +1

Final Lower Arm Score =

Step 3: Locate Wrist Position



Step 3a: Adjust...

If wrist is bent from the midline: +1

Final Wrist Score =

Step 4: Wrist Twist

If wrist is twisted mainly in mid-range = 1;
If twist at or near end of twisting range = 2

Wrist Twist Score =

Step 5: Look-up Posture Score in Table A

Use values from steps 1,2,3 & 4 to locate Posture Score in table A

Posture Score A =

Step 6: Add Muscle Use Score

If posture mainly static (i.e. held for longer than 1 minute) or;
If action repeatedly occurs 4 times per minute or more: +1

Muscle Use Score =

Step 7: Add Force/load Score

If load less than 2 kg (intermittent): +0;
If 2 kg to 10 kg (intermittent): +1;
If 2 kg to 10 kg (static or repeated): +2;
If more than 10 kg load or repeated or shocks: +3

Force/load Score =

Step 8: Find Row in Table C

The completed score from the Arm/wrist analysis is used to find the row on Table C

Final Wrist & Arm Score =

SCORES

Table A

Upper Arm	Lower Arm	Wrist							
		1		2		3		4	
		Wrist twist	Wrist twist	Wrist twist	Wrist twist	Wrist twist	Wrist twist	Wrist twist	Wrist twist
1	1	1	2	1	2	1	2	1	2
	2	2	2	2	2	2	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	6	6	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

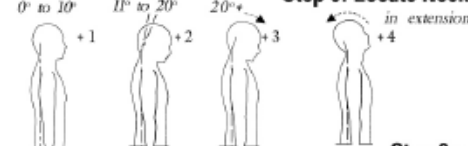
Table C

	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+	6	6	6	7	7	7	7

Final Score =

B. Neck, Trunk & Leg Analysis

Step 9: Locate Neck Position



Step 9a: Adjust...

= Final Neck Score If neck is twisted: +1; If neck is side-bending: +1

Step 10: Locate Trunk Position



Step 10a: Adjust...

= Final Trunk Score If trunk is twisted: +1; If trunk is side-bending: +1

Step 11: Legs

If legs & feet supported and balanced: +1;
If not: +2

Trunk Posture Score

Neck	1		2		3		4		5		6	
	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	
1	1	2	1	2	1	2	1	2	1	2	1	2
2	1	3	2	3	3	4	5	5	6	6	7	7
3	2	3	2	3	4	5	5	5	6	7	7	7
4	3	3	3	4	4	5	5	6	6	7	7	7
5	4	5	5	6	6	7	7	7	7	8	8	8
6	5	7	7	7	7	8	8	8	8	8	8	8
7	6	8	8	8	8	8	8	8	9	9	9	9
8	8	8	8	8	8	8	8	8	9	9	9	9

Table B

Step 12: Look-up Posture Score in Table B

Use values from steps 9,10 & 11 to locate Posture Score in Table B

= Posture B Score

Step 13: Add Muscle Use Score

If posture mainly static or;
If action 4/minute or more: +1

= Muscle Use Score

Step 14: Add Force/load Score

If load less than 2 kg (intermittent): +0;
If 2 kg to 10 kg (intermittent): +1;
If 2 kg to 10 kg (static or repeated): +2;
If more than 10 kg load or repeated or shocks: +3

= Force/load Score

Step 15: Find Column in Table C

The completed score from the Neck/Trunk & Leg analysis is used to find the column on Chart C

= Final Neck, Trunk & Leg Score

Subject: _____

Date: / /

Company: _____

Department: _____

Scorer: _____

FINAL SCORE: 1 or 2 = Acceptable; 3 or 4 investigate further; 5 or 6 investigate further and change soon; 7 investigate and change immediately