

UserName _____
 Date _____
 Assessed By _____

Group _____

Section A - Chair					Section B - Monitor and Telephone						
Chair Height					Monitor						
AREA SCORE					AREA SCORE						
Non-Adjustable (+1)					0						
Knees at 90° (1)	Too low - Knee Angle <90° (2)	Too High - Knee Angle >90°(2)	No foot contact on ground (3)	Insufficient Space Under Desk - Ability to Cross Legs(+1)	Arm's Length Distance (40-75cm) / Screen at Eye Level (1)	Too Low (below 30°) (2) Too Far (+1)	Too High (Neck Extension) (3)	Neck Twist Greater than 30° (+1)	Glare on Screen (+1)	Documents - No Holder (+1)	
Pan Depth					Telephone						
			Non-Adjustable (+1)					No Hands-Free Options (+1)			
AREA SCORE					AREA SCORE						
Approximately 3 inches of space between knee and edge of seat (1)					Too Long - Less Than 3" of space (2)		Too Short - More than 3" of Space(2)			DURATION	
Armrests					Headset / One Hand on Phone & Neutral Neck Posture (1)						
				Non-Adjustable (+1)		Too Far of Reach (outside of 30cm) (2)			Neck and Shoulder Hold (+2)		
AREA SCORE					DURATION					PHONE SCORE	
Elbows supported in line with shoulder, shoulders relaxed (1)					Too High (Shoulders Shrugged) /Low (Arms Unsupported) (2)		Hard/damaged surface (+1)			Too Wide (+1)	
Back Support					Section C - Mouse and Keyboard						
					Mouse						
AREA SCORE					AREA SCORE						
Back Rest Non-Adjustable (+1)										Pinch Grip on Mouse (+1)	
Adequate Lumbar Support - Chair reclined between 95°-110° (1)					No Lumbar Support OR Lumbar Support not Positioned in Small of Back (2)		Angled Too Far Back (Greater than 110°) OR Angled Too far forward (Less than 95°) (2)			No Back Support (ie Stool, OR Worker Leaning forward) (2)	
Work Surface too High (Shoulders Shrugged)(+1)					Keyboard						
AREA SCORE					AREA SCORE						
DURATION					CHAIR SCORE					ROSA SCORE	
Chair					Monitor and Telephone					Mouse and Keyboard	
ROSA FINAL SCORE					DURATION INSTRUCTIONS					Peripherals and Monitor Score	
If less than 30 minutes continuously, or less than 1 hour per day, mark as -1.					If between 30 minutes and 1 hour continuously, or between 1 and 4 hours per day, mark as 0.					If greater than 1 hour continuously, or more than 4 hours per day, mark as +1.	

RAPID OFFICE STRAIN ASSESSMENT

EMPLOYEE NAME: _____

DATE: _____

ASSESSED BY: _____

ROSA SCORING INSTRUCTIONS

1. Add Seat Pan and Seat Depth scores together to receive Section A vertical Axis Score. Add Arm Rest and Back Rest scores together to receive the vertical axis score. Using these scores, follow the scoring chart to receive the Chair Score. Add the appropriate duration score based on the amount of time the worker spends in the chair per day.
2. Add the score for the Monitor with the appropriate duration score to receive the value for the horizontal axis in Section B. Add the telephone score together plus the appropriate duration score to receive the vertical axis for Section B. Using these scores, follow the scoring chart to receive the Section B score.
3. Add the score for the keyboard to the appropriate duration score to receive the value for the horizontal axis in Section C. Add the score of the mouse to the appropriate duration score to receive the vertical axis for Section C. Using these scores, follow the scoring chart to receive the Section C score.
4. Use the score from step 2 to receive the score for the vertical axis in the peripheral and monitor section. Use the score from step 3 to receive the score for the horizontal axis in the peripheral and monitor section.
5. Use the score from Step 1 (Section A) to receive the value for the vertical axis in the grand score chart. Use the score from step 4 to receive the score for the horizontal axis in the grand score chart. Using these two scores, find the corresponding Grand ROSA score.

		SECTION A SCORE							
		Arm Rest and Back Support							
		2	3	4	5	6	7	8	9
seat pan height / depth	2	2	2	3	4	5	6	7	8
	3	2	2	3	4	5	6	7	8
	4	3	3	3	4	5	6	7	8
	5	4	4	4	4	5	6	7	8
	6	5	5	5	5	6	7	8	9
	7	6	6	6	7	7	8	8	9
	8	7	7	7	8	8	9	9	9

		SECTION B SCORE							
		Monitor							
		0	1	2	3	4	5	6	7
Phone	0	1	1	1	2	3	4	5	6
	1	1	1	2	2	3	4	5	6
	2	1	2	2	3	3	4	6	7
	3	2	2	3	3	4	5	6	8
	4	3	3	4	4	5	6	7	8
	5	4	4	5	5	6	7	8	9
	6	5	5	6	7	8	8	9	9

		SECTION C SCORE							
		Keyboard							
		0	1	2	3	4	5	6	7
Mouse	0	1	1	1	2	3	4	5	6
	1	1	1	2	3	4	5	6	7
	2	1	2	2	3	4	5	6	7
	3	2	3	3	3	5	6	7	8
	4	3	4	4	5	5	6	7	8
	5	4	5	5	6	6	7	8	9
	6	5	6	6	7	7	8	8	9
	7	6	7	7	8	8	9	9	9

		Peripherals and Monitor									
		1	2	3	4	5	6	7	8	9	10
Chair	1	1	2	3	4	5	6	7	8	9	10
	2	2	2	3	4	5	6	7	8	9	10
	3	3	3	3	4	5	6	7	8	9	10
	4	4	4	4	4	5	6	7	8	9	10
	5	5	5	5	5	5	6	7	8	9	10
	6	6	6	6	6	6	6	7	8	9	10
	7	7	7	7	7	7	7	7	8	9	10
	8	8	8	8	8	8	8	8	8	9	10
	9	9	9	9	9	9	9	9	9	9	10
	10	10	10	10	10	10	10	10	10	10	10

		MONITOR AND PERIPHERALS SCORE									
		Mouse and Keyboard									
		1	2	3	4	5	6	7	8	9	
Monitor and Telephone	1	1	2	3	4	5	6	7	8	9	
	2	2	2	3	4	5	6	7	8	9	
	3	3	3	3	4	5	6	7	8	9	
	4	4	4	4	4	5	6	7	8	9	
	5	5	5	5	5	5	6	7	8	9	
	6	6	6	6	6	6	6	7	8	9	
	7	7	7	7	7	7	7	7	8	9	
	8	8	8	8	8	8	8	8	8	9	
	9	9	9	9	9	9	9	9	9	9	

		ROSA FINAL SCORE	