RULA Employee Assessment Worksheet

A. Arm and Wrist Analysis

Step 1 : Locate Upper Arm Position

20-20° **+1** | 20° in extension **+2** | 20-45° **+2** | 45-90° **+3** | 90°+ **+4**
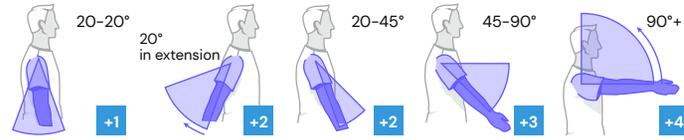
Step 1a: Adjust…

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

60-100° **+1** | 0-60° **+2** | 100°+ **+2**

Lower Arm Score

Step 2a : Adjust…

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

Step 3 : Locate Wrist Position

0° **+1** | 15-15° **+2** | 15°+ **+3** | 15°+ **+3**

Step 3a : Adjust…

If wrist is bent from midline : **+1**

Wrist Score

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

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 > 1 minute),
Or if actions 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

Wrist & Arm Score

SCORES

Table A

Upper Arm	Lower Arm	Wrist Twist 1 (Wrist Posture 1)	Wrist Twist 2 (Wrist Posture 1)	Wrist Twist 1 (Wrist Posture 2)	Wrist Twist 2 (Wrist Posture 2)	Wrist Twist 1 (Wrist Posture 3)	Wrist Twist 2 (Wrist Posture 3)	Wrist Twist 1 (Wrist Posture 4)	Wrist Twist 2 (Wrist Posture 4)
1	1	1	2	2	2	2	3	3	3
1	2	2	2	2	2	3	3	3	3
1	3	2	3	3	3	3	3	4	4
2	1	2	3	3	3	4	4	4	4
2	2	3	3	3	3	4	4	4	4
2	3	3	4	4	4	4	4	5	5
3	1	3	3	4	4	4	4	5	5
3	2	3	4	4	4	4	4	5	5
3	3	4	4	4	4	4	5	5	5
4	1	4	4	4	4	4	5	5	5
4	2	4	4	4	4	4	5	5	5
4	3	4	4	4	5	5	5	6	6
5	1	5	5	5	5	6	6	7	7
5	2	5	6	6	6	6	7	7	7
5	3	6	6	6	7	7	7	7	8
6	1	7	7	7	7	7	8	8	9
6	2	8	8	8	8	8	9	9	9
6	3	9	9	9	9	9	9	9	9

Table C

Wrist and Arm Score	Neck, trunk and leg score 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

RULA Scoring (Final score from Table C)

1 or 2	acceptable posture
3 or 4	further investigation, change may be needed
5 or 6	further investigation, change soon
7	investigate and implement change

RULA Score

B. Neck, Trunk and Leg Analysis

Step 9 : Locate Neck Position

0-10° **+1** | 10-20° **+2** | 20°+ **+3** | In extension **+4**
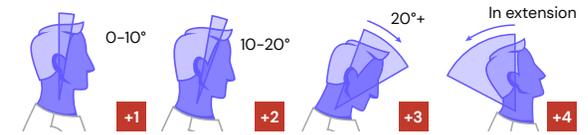
Step 9a: Adjust…

If neck is twisted: **+1**
If neck is side bending: **+1**

Neck Score

Step 10 : Locate Trunk Position

0° **+1** | 0-20° **+2** | 20-60° **+3** | 60°+ **+4**

Step 10a : Adjust…

If trunk is twisted: **+1**
If trunk is side bending: **+1**

Trunk Score

Step 11 : Legs

If legs and feet are supported: **+1**
If not: **+2**

Leg Score

Table B

Neck Posture Score	Trunk Posture 1 Legs 1	Trunk 1 Legs 2	Trunk 2 Legs 1	Trunk 2 Legs 2	Trunk 3 Legs 1	Trunk 3 Legs 2	Trunk 4 Legs 1	Trunk 4 Legs 2	Trunk 5 Legs 1	Trunk 5 Legs 2	Trunk 6 Legs 1	Trunk 6 Legs 2
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	7
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	9	9	9	9	9	9

Step 12 : Look-up Posture Score in Table B

Using values from steps 9-11 above, locate score in Table B

Posture Score B
+

Step 13 : Add Muscle Use Score

If posture mainly static (i.e.hold > 1 minute),
Or if actions 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