

Appendix C



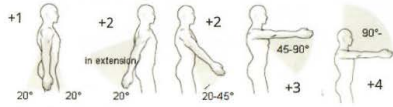
RULA Employee Assessment Worksheet

Task Name:

Date:

A. Arm and Wrist Analysis

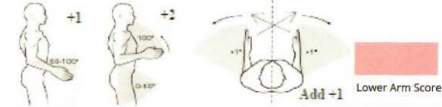
Step 1: Locate Upper Arm Position:



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

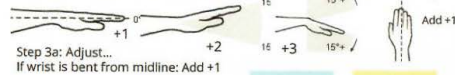
Step 2: Locate Lower Arm Position:



Step 2a: Adjust...
 If either arm is working across midline or out to side of body: Add +1

Lower Arm Score

Step 3: Locate Wrist Position:



Step 3a: Adjust...
 If wrist is bent from midline: Add +1

Wrist Twist Score

Wrist Score

Step 4: Wrist Twist:

If wrist is twisted in mid-range: +1
 If wrist is at or near end of range: +2

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

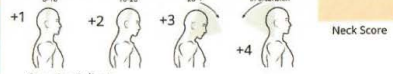
Table C		Neck, Trunk, Leg Score						
		1	2	3	4	5	6	7
Wrist / Arm Score	Posture Score A	1	1	2	3	4	5	5
		2	2	2	3	4	4	5
		3	3	3	3	4	4	5
4	3	3	3	4	5	6	6	
5	4	4	4	5	6	7	7	
6	4	4	5	6	6	7	7	
7	5	5	6	6	7	7	7	
8	5	5	6	7	7	7	7	

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

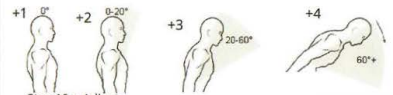
Step 9: Locate Neck Position:



Step 9a: Adjust...
 If neck is twisted: +1
 If neck is side bending: +1

Neck Score

Step 10: Locate Trunk Position:



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: Trunk Posture Score

Neck Posture Score	Table B: Trunk Posture Score					
	1	2	3	4	5	6
1	1	2	1	2	1	2
2	1	2	2	3	3	4
3	2	3	3	3	4	5
4	2	3	3	4	4	5
5	3	4	4	4	5	6
6	3	4	4	5	5	6

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