RULA Employee Assessment Worksheet

A. Arm and Wrist Analysis

Step 1: Locate Upper Arm Position:
- 20° (1)
- 20° (2)
- 20° (3)
- 20-45° (4)

Step 1a: Adjust...
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1

Step 2: Locate Lower Arm Position:
- 15° (1)
- 15° (2)

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

Step 3: Locate Wrist Position:
- 15° (1)

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

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

Step 6: Add Muscle Use Score
If posture mainly static (i.e. held >1 min),
Or if action repeated occurs 4X per minute: +1

Step 7: Add Force/Load Score
If load < .44 lbs (intermittent): +0
If load 4.4 to 22 lbs (static or repeated): +2
If more than 22 lbs or repeated or shocks: +3

Step 8: Find Row in Table C
Add values from steps 5-7 to obtain
Wrist and Arm Score. Find row in Table C.

B. Neck, Trunk and Leg Analysis

Step 9: Locate Neck Position:
- 0° (1)

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

Step 10: Locate Trunk Position:
- 20° (1)

Step 10a: Adjust...
If trunk is twisted: +1
If trunk is side bending: +1

Step 11: Legs:
If legs and feet are supported: +1
If not: +2

Step 12: Look-up Posture Score in Table B:
Using values from steps 9-11 above, locate score in Table B

Step 13: Add Muscle Use Score
If posture mainly static (i.e. held >1 min),
Or if action repeated occurs 4X per minute: +1

Step 14: Add Force/Load Score
If load < .44 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

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.

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

Task name: ____________________________  Reviewer: ____________________________  Date: _______/_____/_____

provided by Practical Ergonomics

This tool is provided without warranty. The author has provided this tool as a simple means for applying the concepts provided in RULA.

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