

RULA vs REBA






Rapid **U**pper **L**imb **A**ssessment (RULA)

Rapid **E**ntire **B**ody **A**ssessment (REBA)

OHCOW's RULA & REBA worksheets:

- RULA is one of the most popular ergonomic evaluation tools out there. REBA is not too far behind in popularity.
- Our Goal: develop user-friendly worksheets. RULA (2021) and REBA (2025)
- Minimize words & maximize posture images.
- Images may decrease ambiguity, and thereby improve consistency.
- Common paper-based RULA and REBA worksheets, have 19-21 and 21-24 explanatory images, respectively.
- Online RULA and REBA calculators seem to be around 30 explanatory images.
- Our RULA and REBA worksheets have 41 and 43 explanatory images, respectively.

Certified Professional Ergonomists (USA*, CAN, UK, AUS, NZ certifying bodies)‡

Physical ergonomics: Tools commonly used by professional ergonomists	Nickname / acronym / examples	Year of Publication	Yes, I have used (2005) *	Yes, I have used (2018) ‡
Revised NIOSH Lifting Equation	“Lifting equation”	1993 (1981)	83.1%	86.9%
Biomechanical model	e.g. 3DSSPP, Jack		73.4%	66.7%
Psychophysical material handling data	“Snook tables”	1991 (1978)	73.1%	77.8%
Body discomfort map	e.g. Corlett body map		55.5%	61.5%
Rapid Upper Limb Assessment	RULA	1993	51.6%	80.0% 
Energy expenditure model			43.5%	31.6%
Strain Index	SI	1995	39.3%	59.5%
Psychophysical upper extremity data	“Ciriello tables”	2001	37.3%	54.3%
Job content questionnaire	JCQ	1998 (1985)	29.5%	21.5%
Hand activity level – ACGIH	HAL	2001	22.1%	49.9%
Ovako working posture analysis system	OWAS	1977	21.4%	27.7%
Rapid Entire Body Assessment	REBA	2000	17.9%	 68.9% 
Posture, activity, tools & handling	PATH	1996	9.1%	11.4%

* Patrick G. Dempsey, Raymond W. McGorry, Wayne S. Maynard. A survey of tools and methods used by certified professional ergonomists. *Applied Ergonomics* 36 (2005) 489–503

‡ Brian Lowe, Patrick Dempsey, Evan Jones. Assessment Methods Used by Certified Ergonomics Professionals. *Proceedings of the Human Factors and Ergonomics Society 2018 Annual Meeting.*

‡ Brian D. Lowe, Patrick G. Dempsey, Evan M. Jones. Ergonomics assessment methods used by ergonomics professionals. *Applied Ergonomics* 81 (2019) 102882

RULA & REBA...

- are **quick** and easy to use.
- useful when presenting the **concept** of musculoskeletal loading due to work, to both management and workers.
- help managers **remember** the grand scores and their associated action levels.
- are helpful in the **communication** of problems, deciding upon the **priority** for investigations and changes in the workplace.
- are particularly valuable in **re-assessing** any changes in musculoskeletal loading after a work process or workstation modifications had been made

RULA grand scores
can range from 1 to 7

REBA grand scores
can range from 1 to 15

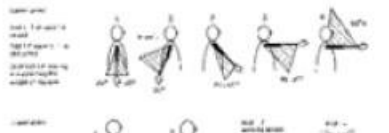
<i>Recommended Urgency of ACTION</i>	
RULA (1993)	REBA (2000)
<ul style="list-style-type: none">• Level 1: posture is acceptable	<ul style="list-style-type: none">• Level 0: corrective action including further assessment is not necessary
<ul style="list-style-type: none">• Level 2: <u>further investigation is needed and changes may be needed</u>	<ul style="list-style-type: none">• Level 1: corrective action including further assessment may be necessary
<ul style="list-style-type: none">• Level 3: investigation and changes are required soon	<ul style="list-style-type: none">• Level 2: corrective action including further assessment is necessary
<ul style="list-style-type: none">• Level 4: investigation and changes are required immediately	<ul style="list-style-type: none">• Level 3: corrective action including further assessment is necessary soon
	<ul style="list-style-type: none">• Level 4: corrective action including further assessment is necessary now

RULA: a survey method for the investigation of work-related upper limb disorders

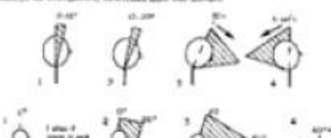
Lynn McAtamney and E Nigel Corlett

This is a self-administered questionnaire... RULA was developed to provide a simple... method for the investigation of work-related upper limb disorders.

Method: The RULA is given to the user... to assess the risk of upper limb disorders... based on the frequency of exposure to risk factors.



This is a self-administered questionnaire... RULA was developed to provide a simple... method for the investigation of work-related upper limb disorders.



Applied Ergonomics 1993, 24(2), 91-99

RULA: a survey method for the investigation of work-related upper limb disorders

Lynn McAtamney and E Nigel Corlett

Institute for Occupational Ergonomics, University of Nottingham, University Park, Nottingham NG7 2RD, UK

Table with 4 columns: Neck, Shoulder, Elbow, Wrist/Hand. Each column has a vertical scale from 0 to 5.



Vertical text on the right edge of the page, likely a page number or reference.

The Australian RSI epidemic 30 years on

76582.pdf (11.24Mb)

Access Status
Open access

Authors
Meridith, Nick

Citation

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Source Title

Journal of Health, Safety and Environment

ISSN

Abstract

Many of today's occupational health and safety professionals may not be aware of the unprecedented industrial epidemic that struck Australia in the mid-1980s, and those who were involved may prefer to forget it. Work-related claims for what became known as repetitive strain injuries (RSI) climbed dramatically through the first half of the decade only to decline in the second half. This review revisits the epidemic and its lessons. Although initially blamed on new technology, in particular computer workstations, the epidemic was the result of the complex and interwoven sociotechnological system of health care practice, the compensation and legal system, industrial relations, the media and the social and political environment at the time. There are important lessons we can take from this epidemic that apply to public health practice today, particularly the nocebo effect of negative communications on the beliefs and expectations that can develop within the sociotechnological system.

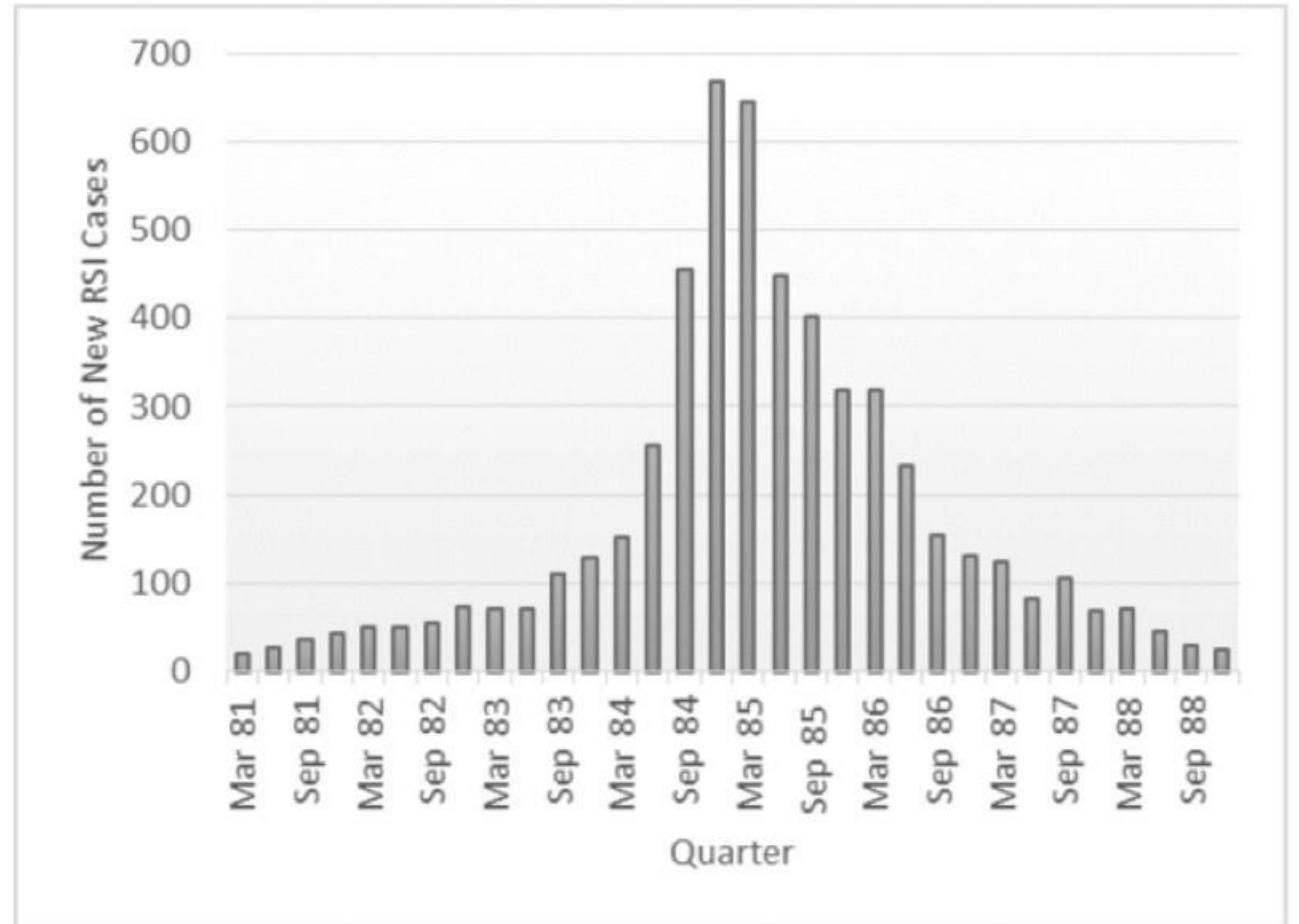


Figure 1: Number of RSI cases in Telecom Australia. Adapted from Hocking B. Repetition strain injury in Telecom Australia. *Med J Aust* 1989; 150(12):724. © Copyright 1998 *The Medical Journal of Australia* — reproduced with permission.

Basic equipment to do a RULA & REBA assessments

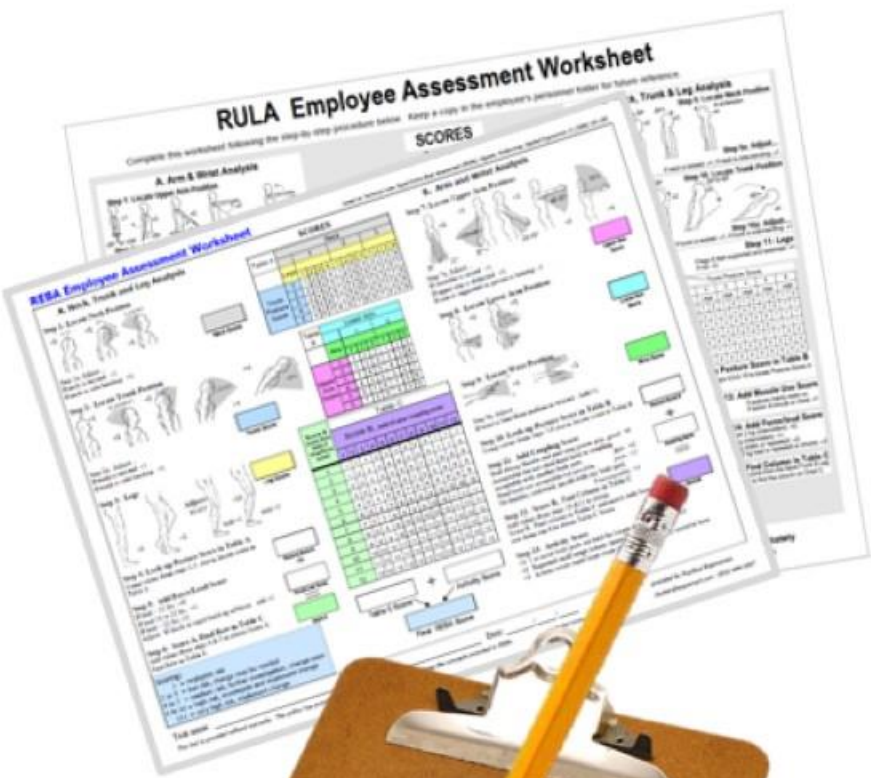
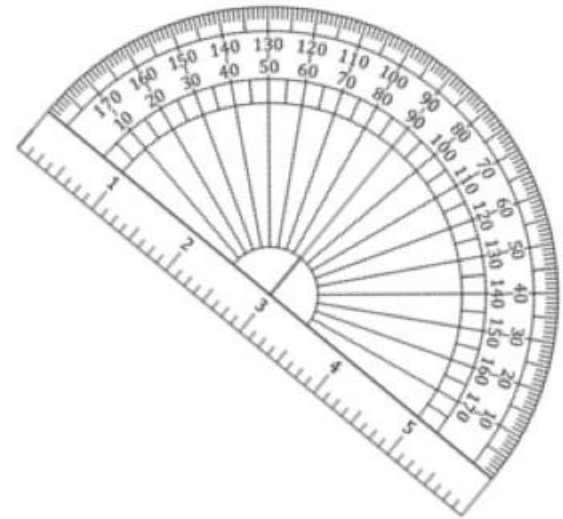
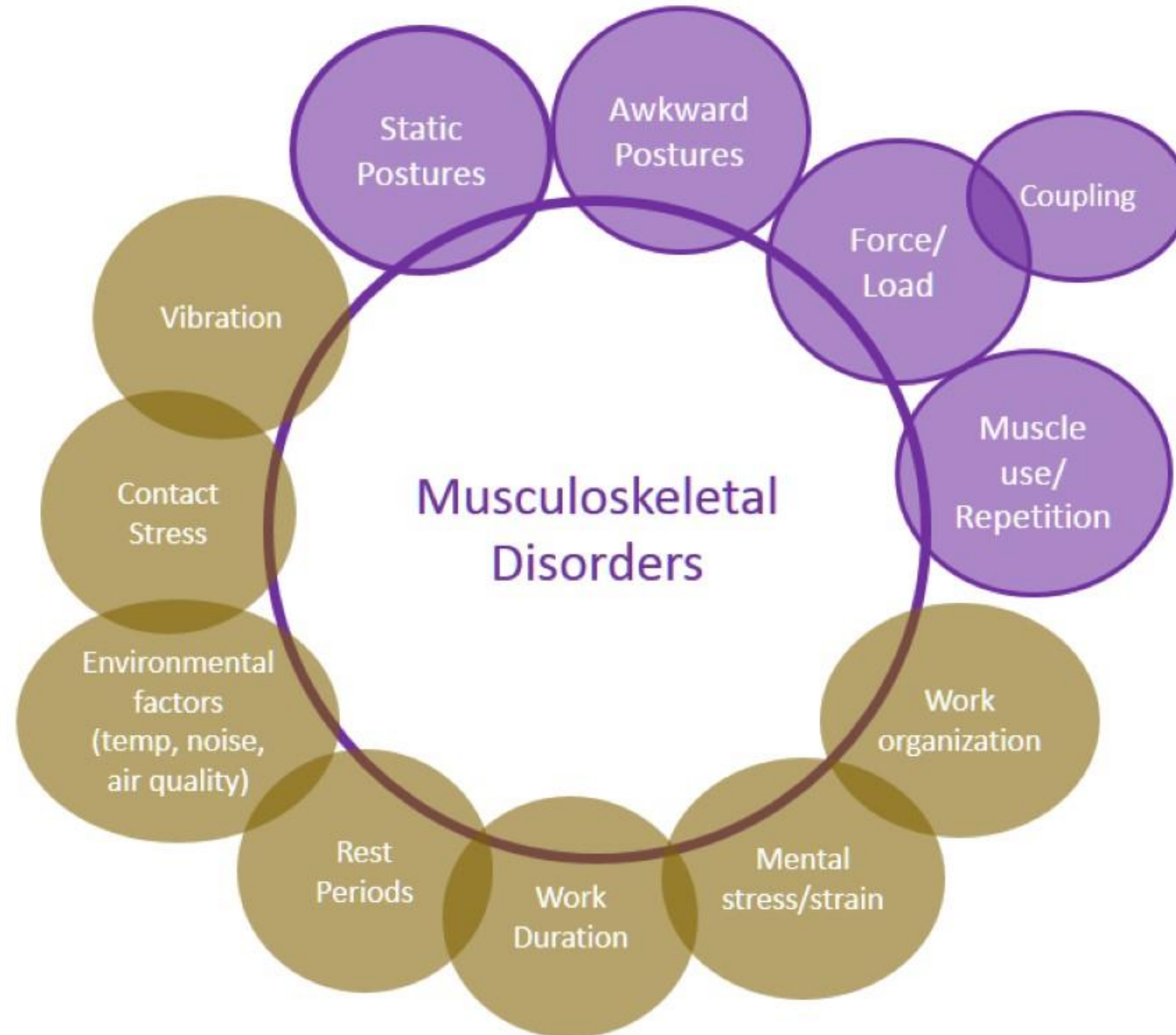


Image source: pexels.com

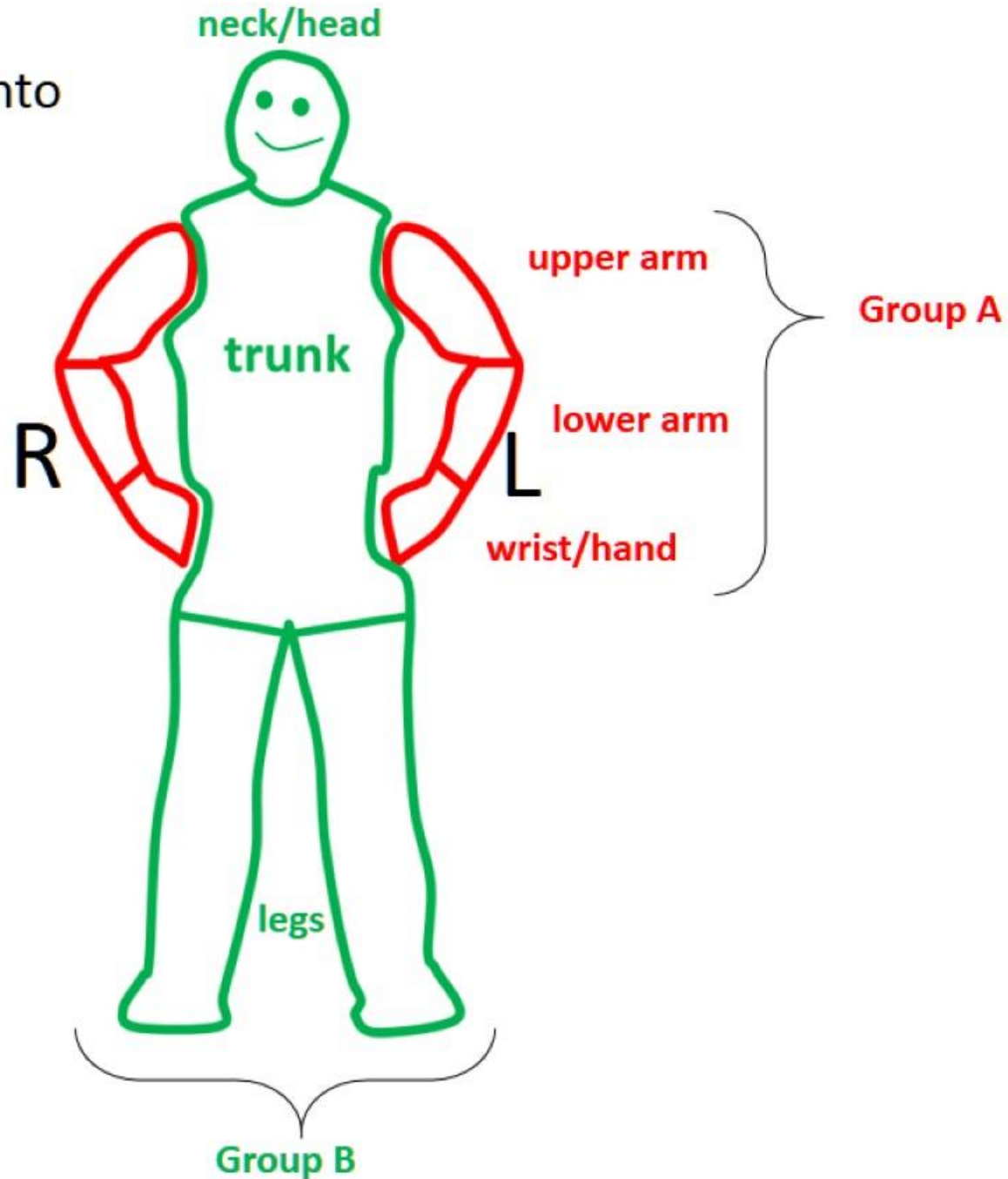


RULA and **REBA** are not complete assessments

Only a part of a broader consideration of the work factors that can impact musculoskeletal disorders.



RULA & REBA section the body into 6 zones of interest



RULA

RULA Employee Assessment Worksheet

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

A. Arm & Wrist Analysis

Step 1: Locate Upper Arm Position

Step 2: Locate Lower Arm Position

Step 3: Locate Wrist Position

Step 4: Wrist Twist

Step 5: Look up Posture Score in Table A

Step 6: Add Muscle Use Score

Step 7: Add Force/Load Score

Step 8: Find Row in Table C

B. Neck, Trunk & Leg Analysis

Step 9: Locate Neck Position

Step 10: Locate Trunk Position

Step 11: Legs

Step 12: Look up Posture Score in Table B

Step 13: Add Muscle Use Score

Step 14: Add Force/Load Score

Step 15: Find Column in Table C

SCORES	
Table A	Table B
Table C	Table D

Final 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

© Professor Alan Hedge, Cornell University, 1988-2008

REBA

REBA Employee Assessment Worksheet

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Step 2: Locate Trunk Position

Step 3: Legs

Step 4: Look-up Posture Score in Table A

Step 5: Add Force/Load Score

Step 6: Score A, Find Row in Table C

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position

Step 8: Locate Lower Arm Position

Step 9: Locate Wrist Position

Step 10: Look-up Posture Score in Table B

Step 11: Add Coupling Score

Step 12: Score B, Find Column in Table C

Step 13: Activity Score

SCORES	
Table A	Table B
Table C	Table D

Final Score

Subject: _____ Date: ____/____/____

Company: _____ Department: _____ Scorer: _____

FINAL SCORE: 1 = Negligible Risk; 2-3 = Low Risk; 4 = Moderate Risk; 5-6 = High Risk; 7-8 = Very High Risk; 9-10 = Extreme Risk

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RULA Method

Find the full guide here

A. Shoulder, elbow and wrist analysis

Step 1: Locate shoulder position

Step 2: Locate elbow position

Step 3: Locate wrist position

Step 4: Wrist pronation/supination

Step 5: Posture Score A

Step 6: Muscle activity

Step 7: Effort and load score

Step 8: Shoulder, elbow and wrist score

B. Neck, trunk and leg analysis

Step 9: Locate neck position

Step 10: Locate trunk position

Step 11: Legs

Step 12: Posture Score B

Step 13: Muscle activity

Step 14: Effort and load score

Step 15: Neck, trunk and leg score

SCORES	
Table A	Table B
Table C	Table D

Final Score

Subject: _____ Date: ____/____/____

Company: _____ Department: _____ Scorer: _____

FINAL SCORE: 1 = Negligible Risk; 2-3 = Low Risk; 4 = Moderate Risk; 5-6 = High Risk; 7-8 = Very High Risk; 9-10 = Extreme Risk

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Human Factors Applications Rapid Entire Body Assessment (REBA)

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Step 2: Locate Trunk Position

Step 3: Legs

Step 4: Look-up Posture Score in Table A

Step 5: Add Force/Load Score

Step 6: Score A, Find Row in Table C

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position

Step 8: Locate Lower Arm Position

Step 9: Locate Wrist Position

Step 10: Look-up Posture Score in Table B

Step 11: Add Coupling Score

Step 12: Score B, Find Column in Table C

Step 13: Activity Score

SCORES	
Table A	Table B
Table C	Table D

Final Score

Subject: _____ Date: ____/____/____

Company: _____ Department: _____ Scorer: _____

FINAL SCORE: 1 = Negligible Risk; 2-3 = Low Risk; 4 = Moderate Risk; 5-6 = High Risk; 7-8 = Very High Risk; 9-10 = Extreme Risk

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RSI day

2025 4 SESSIONS

REBA worksheet A

task: location: date: name:

Neck score:

Trunk score:

Leg score:

RULA worksheet A

task: location: date: name:

Upper arm score:

Lower arm score:

Hand/wrist score:

A1		Trunk	
Legs	Arms	1	2
1	1	1	1
1	2	2	2
1	3	3	3
1	4	4	4
1	5	5	5
2	1	1	1
2	2	2	2
2	3	3	3
2	4	4	4
2	5	5	5
3	1	1	1
3	2	2	2
3	3	3	3
3	4	4	4
3	5	5	5
4	1	1	1
4	2	2	2
4	3	3	3
4	4	4	4
4	5	5	5
5	1	1	1
5	2	2	2
5	3	3	3
5	4	4	4
5	5	5	5

A2		Muscle use is mainly:	
Force/Load	static	repetitive	static + repetitive
> 1.0m	1	1	1
> 1.5m	2	2	2
> 2.0m	3	3	3
> 2.5m	4	4	4
> 3.0m	5	5	5
> 3.5m	6	6	6
> 4.0m	7	7	7
> 4.5m	8	8	8
> 5.0m	9	9	9
> 5.5m	10	10	10
> 6.0m	11	11	11
> 6.5m	12	12	12

REBA worksheet B

task: location: date: name:

Upper arm score:

Lower arm score:

Hand/wrist score:

B1		Lower arm	
Upper	Wrist	1	2
1	1	1	1
1	2	2	2
1	3	3	3
1	4	4	4
1	5	5	5
2	1	1	1
2	2	2	2
2	3	3	3
2	4	4	4
2	5	5	5
3	1	1	1
3	2	2	2
3	3	3	3
3	4	4	4
3	5	5	5
4	1	1	1
4	2	2	2
4	3	3	3
4	4	4	4
4	5	5	5
5	1	1	1
5	2	2	2
5	3	3	3
5	4	4	4
5	5	5	5

B2		Coupling		Score		Description	
Good	Fair	1	2	1	2	1	2
1	1	1	1	1	1	Well fitting handle and using a mid-range power grip	
1	2	2	2	2	2	Hand held acceptable, but not ideal as coupling is acceptable via another part of the body	

RULA worksheet B

task: location: date: name:

Neck score:

Trunk score:

Leg score:

Hand/wrist score:

B1		Trunk	
Legs	Arms	1	2
1	1	1	1
1	2	2	2
1	3	3	3
1	4	4	4
1	5	5	5
2	1	1	1
2	2	2	2
2	3	3	3
2	4	4	4
2	5	5	5
3	1	1	1
3	2	2	2
3	3	3	3
3	4	4	4
3	5	5	5
4	1	1	1
4	2	2	2
4	3	3	3
4	4	4	4
4	5	5	5
5	1	1	1
5	2	2	2
5	3	3	3
5	4	4	4
5	5	5	5

B2		Muscle use is mainly:	
Force/Load	static	repetitive	static + repetitive
No load	1	0	0
0 - 2 kg	1	0	1
2 - 10 kg	3	1	3
10 - 20 kg	4	2	4
> 20 kg	4	3	4
rapid build-up	4	3	4
stopping actions	4	3	4

B3		RULA score	
1	2	1	2
1	1	1	1
1	2	2	2
1	3	3	3
1	4	4	4
1	5	5	5
2	1	1	1
2	2	2	2
2	3	3	3
2	4	4	4
2	5	5	5
3	1	1	1
3	2	2	2
3	3	3	3
3	4	4	4
3	5	5	5
4	1	1	1
4	2	2	2
4	3	3	3
4	4	4	4
4	5	5	5
5	1	1	1
5	2	2	2
5	3	3	3
5	4	4	4
5	5	5	5

B1 + B2 = B3

RULA score 1-2 : Posture is acceptable if it is not maintained or repeated for long periods.
RULA score 3-4 : Further investigation is needed and changes may be needed.
RULA score 5-6 : Investigation and changes are required soon.
RULA score 7+ : Investigation and changes are required immediately.

REBA worksheet C

task: location: date: name:

Upper arm score:

Lower arm score:

Hand/wrist score:

C1		B3	
1	2	1	2
1	1	1	1
1	2	2	2
1	3	3	3
1	4	4	4
1	5	5	5
2	1	1	1
2	2	2	2
2	3	3	3
2	4	4	4
2	5	5	5
3	1	1	1
3	2	2	2
3	3	3	3
3	4	4	4
3	5	5	5
4	1	1	1
4	2	2	2
4	3	3	3
4	4	4	4
4	5	5	5
5	1	1	1
5	2	2	2
5	3	3	3
5	4	4	4
5	5	5	5

C2		Score		Description	
1	2	1	2	1	2
1	1	1	1	If one or more body parts are static, e.g., held for longer than 1 min	
1	2	2	2	If repeated small-range actions occur, e.g., repeated more than 4 times per minute (not including walking)	
2	1	1	1	If the action causes rapid large range changes in posture at an unstable base	

C1 + C2 = REBA score

photo/sketch/notes

REBA scores

REBA score 1 : Negligible risk. No action necessary.
 REBA score 2-3 : Low risk. Action may be necessary.
 REBA score 4-7 : Medium risk. Action necessary.
 REBA score 8-10 : High risk. Action necessary soon.
 REBA score 11+ : Very high risk. Action necessary now.

© 2025 Adapted from: Mutambara, L. & Corlett, E.A. (1993) RULA: a survey method for the investigation of work-related upper limb disorders. Applied Ergonomics, 24(2), 91-99.

© 2025 Adapted from: Hignett, S., & McArdle, J. (2000) Technical notes: Rapid Entire Body Assessment (REBA). Applied Ergonomics, 31, 203-205.

RULA worksheet A

task: _____
location: _____
date: _____
name: _____



Occupational Health Clinics for Ontario Workers Inc. / Centres de santé des travailleurs (ses) de l'Ontario Inc.



Upper arm	Wrist			
	1	2	3	4
1	1	2	2	2
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

Force/Load	Muscle use is mainly:	
	static	repetitive
No load	1	0
0-2 kg	1	0
2-10 kg	3	1
>10 kg	4	2
rapid build-up	4	3
jolting action	4	3

A1 + **A2** = **A3**

RULA worksheet B

task: _____
location: _____
date: _____
name: _____



Occupational Health Clinics for Ontario Workers Inc. / Centres de santé des travailleurs (ses) de l'Ontario Inc.



RULA score 1-2: Posture is acceptable if it is not maintained or repeated for long periods.
RULA score 3-4: Further investigation is needed and changes may be needed.
RULA score 5-6: Investigation and changes are required soon.
RULA score 7+: Investigation and changes are required immediately.

Neck	Trunk					
	1	2	3	4	5	6
1	1	3	3	3	4	5
2	2	3	3	4	5	6
3	3	3	4	4	5	6
4	4	4	4	5	6	7
5	5	5	6	6	7	8
6	6	6	7	7	8	9
7	7	7	8	8	9	10
8	8	8	9	9	10	11

Force/Load	Muscle use is mainly:	
	static	repetitive
No load	1	0
0-2 kg	1	0
2-10 kg	3	1
>10 kg	4	2
rapid build-up	4	3
jolting action	4	3

RULA score	B3						
	1	2	3	4	5	6	7+
1	1	2	3	4	5	6	7+
2	2	3	4	5	6	7	8
3	3	4	5	6	7	8	9
4	4	5	6	7	8	9	10
5	5	6	7	8	9	10	11
6	6	7	8	9	10	11	12
7	7	8	9	10	11	12	13
8	8	9	10	11	12	13	14
9	9	10	11	12	13	14	15

B1 + **B2** = **B3**

RULA Employee Assessment Worksheet

Complete this worksheet following the step-by-step procedure below. Keep a copy at the end of your performance folder for future reference.

A. Arm & Wrist Analysis

Step 1: Locate Upper Arm Position

 Final Upper Arm Score =

Step 2: Locate Lower Arm Position

 Final Lower Arm Score =

Step 3: Locate Wrist Position

 Final Wrist Score =

Step 4: Wrist Twist
 If wrist is twisted mainly in mid-range = 1;
 If twist is 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 (premier): +0
 If 2 kg to 10 kg (intermédiaire): +1
 If 2 kg to 10 kg (statique 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
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9

Table C

Neck	Trunk					
	1	2	3	4	5	6
1	1	3	3	4	5	6
2	2	3	4	5	6	7
3	3	4	5	6	7	8
4	4	5	6	7	8	9
5	5	6	7	8	9	10
6	6	7	8	9	10	11
7	7	8	9	10	11	12
8	8	9	10	11	12	13
9	9	10	11	12	13	14

Final Score =

B. Neck, Trunk & Leg Analysis

Step 9: Locate Neck Position

 Final Neck Score =

Step 10: Locate Trunk Position

 Final Trunk Score =

Step 11: Legs
 If legs & feet supported and balanced: +1
 If not: +2
 Final Leg Score =

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 (premier): +0
 If 2 kg to 10 kg (intermédiaire): +1
 If 2 kg to 10 kg (statique 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
 Source: Muzammy, L. & Corlett, E.N. (1993) RULA: a survey method for the investigation of work-related upper limb disorders. Applied Ergonomics, 24(2) 91-99.
 © Professor Alan Hedge, Cornell University, Feb. 2001

REBA worksheet A

task: location: date: name:



Occupational Health Clinics for Ontario Workers Inc. Centres de santé des travailleurs (ses) de l'Ontario Inc.

Diagrams illustrating neck, trunk, and leg positions with associated scores:

- Neck:** +2 (neck in extension), +1 (0°-20°), +2 (20°+), +1 (side-bent neck), +1 (bent neck)
- Trunk:** +3 (20°+), +2 (0°-20°), +1 (0°), +2 (0°-20°), +3 (20°-40°), +4 (40°-60°), +1 (side-bent trunk), +1 (bent trunk)
- Legs:** +1 (behind), +1 (sitting), +1 (walking), +2 (behind on), +2 (heavier weight), +2 (30°-60°)

REBA worksheet C

task: location: date: name:



Occupational Health Clinics for Ontario Workers Inc. Centres de santé des travailleurs (ses) de l'Ontario Inc.

C1	B3
1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12
1 1 1 1 2 3 3 4 5 6 7 7 7 7	1 1 1 1 2 3 3 4 5 6 7 7 7 7
2 1 2 2 3 4 4 5 6 6 7 7 7 7	2 2 2 3 3 4 4 5 6 6 7 7 7 7
3 2 3 3 3 4 5 6 7 7 8 8 8 8	3 2 3 3 3 4 5 6 7 7 8 8 8 8
4 3 4 4 4 5 6 7 8 8 9 9 9 9	4 3 4 4 4 5 6 7 8 8 9 9 9 9
5 4 4 4 5 6 7 8 8 9 9 9 9 9	5 4 4 4 5 6 7 8 8 9 9 9 9 9
6 6 6 6 7 8 8 9 9 10 10 10 10	6 6 6 6 7 8 8 9 9 10 10 10 10
7 7 7 7 8 9 9 9 10 10 11 11 11	7 7 7 7 8 9 9 9 10 10 11 11 11
8 8 8 8 9 10 10 10 10 11 11 11 11	8 8 8 8 9 10 10 10 10 11 11 11 11
9 9 9 9 10 10 10 11 11 11 12 12 12	9 9 9 9 10 10 10 11 11 11 12 12 12
10 10 10 11 11 11 11 12 12 12 12 12	10 10 10 11 11 11 11 12 12 12 12 12
11 11 11 11 12 12 12 12 12 12 12 12	11 11 11 11 12 12 12 12 12 12 12 12
12 12 12 12 12 12 12 12 12 12 12 12	12 12 12 12 12 12 12 12 12 12 12 12

photo/sketch/notes

C2	Score	Description
+1	1	if one or more body parts are static, e.g., held for longer than 1 min
+1	2	if repeated small-range actions occur, e.g., repeated more than 4 times per minute (not including walking)
+1	3	if the action causes rapid large-range changes in posture or an unstable base

REBA scores

REBA score 1 : Negligible risk. No action necessary.
 REBA score 2-3 : Low risk. Action may be necessary.
 REBA score 4-7 : Medium risk. Action necessary.
 REBA score 8-10 : High risk. Action necessary soon.
 REBA score 11+ : Very high risk. Action necessary now.

C1 + **C2** = **REBA score**

Diagrams illustrating wrist positions with associated scores:

- +1 (0°), +1 (15°), +2 (15°+)

B2	Fair	1	Hand held acceptable, but not ideal or Coupling is acceptable via another part of the body
	Poor	2	Hand held not acceptable, although possible
	Not Acceptable	3	Strange, unsafe grip, no handles or Couple is unacceptable if using other parts of the body

B1 + **B2** = **B3**

Diagrams illustrating hand/wrist positions with associated scores:

- +1 (radial deviation), +1 (neutral), +1 (ulnar deviation), +1 (near end of full range), +1 (far end of full range)

REBA Employee Assessment Worksheet

Based on Technical note: Rapid Entire Body Assessment (REBA). Hignett, McAtamney, Applied Ergonomics 31 (2000) 201-205.

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Diagrams showing neck positions with scores: +1 (0-20°), -1 (20°+), -1 (in extension).

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

Neck Score

Step 2: Locate Trunk Position

Diagrams showing trunk positions with scores: -1 (in extension), -2 (20-40°), +3 (40-60°), +4 (60°+).

Step 2a: Adjust...
 If trunk is twisted: +1
 If trunk is side bending: +1

Trunk Score

Step 3: Legs

Diagrams showing leg positions with scores: -1, +2, +50 (Adjust: 30-60°), +60 (Add +1), +60 (Add +2).

Leg Score

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, locate score in Table A

Step 5: Add Force/Load Score
 If load < 11 lbs: +0
 If load 11 to 22 lbs: +1
 If load > 22 lbs: +2
 Adjust: If shock or rapid build up of force: add +1

Step 6: Score A, Find Row in Table C
 Add values from steps 4 & 5 to obtain Score A. Find Row in Table C

Scoring:
 1 = negligible risk
 2 or 3 = low risk, change may be needed
 4 to 7 = medium risk, further investigation, change soon
 8 to 10 = high risk, investigate and implement change
 11+ = very high risk, implement change

SCORES

Table A: Neck

	Neck		
	1	2	3
Legs	1 2 3 4	1 2 3 4	1 2 3 4
Trunk Posture Score	1	1 2 3 4	1 2 3 4
	2	2 3 4 5	3 4 5 6
	3	2 4 5 6	4 5 6 7
	4	3 5 6 7	5 6 7 8
5	4 6 7 8	6 7 8 9	7 8 9 9

Table B: Lower Arm

	Lower Arm	
	1	2
Wrist	1 2 3	1 2 3
Upper Arm Score	1	1 2 2
	2	1 2 3 2 3 4
	3	3 3 4 5 4 5 5
	4	4 4 5 5 5 6 7
5	5 6 7 8 7 8 8	8 9 9

Table C

Score A (score from table A + load/force score)	Score B, (table B value + coupling score)											
	1	2	3	4	5	6	7	8	9	10	11	12
1	1	1	1	2	3	3	4	5	6	7	7	7
2	1	2	2	3	4	4	5	6	7	7	8	8
3	2	3	3	4	5	6	7	7	8	8	9	9
4	3	4	4	5	6	7	8	8	9	9	10	10
5	4	4	5	6	7	8	8	9	10	10	11	11
6	5	6	6	7	8	9	9	10	10	11	11	11
7	6	7	7	8	9	10	10	11	11	12	12	12
8	7	8	8	9	10	11	11	12	12	12	12	12
9	8	9	9	10	11	12	12	12	12	12	12	12
10	9	10	10	11	12	12	12	12	12	12	12	12
11	10	11	11	12	12	12	12	12	12	12	12	12
12	11	12	12	12	12	12	12	12	12	12	12	12

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Diagrams showing upper arm positions with scores: -1 (20°), -2 (20°+), -2 (in extension), -3 (20-45°), +3 (45-90°), +4 (90°+).

Step 7a: 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 8: Locate Lower Arm Position:

Diagrams showing lower arm positions with scores: -1, +2.

Lower Arm Score

Step 9: Locate Wrist Position:

Diagrams showing wrist positions with scores: +1 (15°), -2 (15°+).

Wrist Score

Step 9a: Adjust...
 If wrist is bent from midline or twisted: Add +1

Step 10: Look-up Posture Score in Table B
 Using values from steps 7-9 above, locate score in Table B

Posture Score B

Step 11: Add Coupling Score

Well fitting Handle and mid range power grip: good: +0
 Acceptable but not ideal hand hold or coupling acceptable with another body part: fair: +1
 Hand hold not acceptable but possible: poor: +2
 No handles, awkward, unsafe with any body part: Unacceptable: +3

Coupling Score

Step 12: Score B, Find Column in Table C

Add values from steps 10 & 11 to obtain Score B. Find column in Table C and match with Score A in row from step 6 to obtain Table C Score

Score C

Step 13: Activity Score

-1 or more body parts are held for longer than 1 minute (static)
 -1 Repeated small range actions (more than 4x per minute)
 -1 Action causes rapid large range changes in posture or unstable base

Table C Score + Activity Score = Final REBA Score

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 REBA. rburker@ergonomics.com (816) 444-1667

Rapid Upper Limb Assessment (RULA): Basic worksheet instructions



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Step 1: For each posture series enclosed by a thick **solid** border, select one value.

Step 2 (optional): Select the value for each applicable posture enclosed by a thick **dashed** border.

If there are two or more postures enclosed by the same thick **dashed** border, select only one value.

Step 3: Sum the selected values and record the result.
e.g. $(+3) + (+1) + (-1) = 3$

The diagram illustrates the RULA assessment process. It consists of two rows of posture series. The top row, enclosed in a thick solid green border, shows five postures with scores: +2 (20°+), +1 (20°), +2 (20°-45°), +3 (45°-90°), and +4 (90°+). The bottom row, enclosed in a thick dashed green border, shows four postures: +1 (shoulder raised), +1 (shoulder abduction), -1 (arm supported), and -1 (leaning forward). The selected values (+3, +1, and -1) are circled in red. To the right, a green box displays the final 'Upper arm score' as 3.

Attention: Before using RULA, you should be familiar with the assessment method described in: *McAtamney, L., & Corlett, E.N. (1993) RULA: a survey method for the investigation of work-related upper limb disorders. Applied Ergonomics, 24(2), 91-99.*

Rapid Upper Limb Assessment (RULA): Basic worksheet instructions



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Wrist score **3** Wrist twist score **1**

A1		Wrist						
		1	2	3	4			
Upper arm	Lower arm	1	2	2	2	3	3	3
	1	2	2	2	2	3	3	3
	3	2	3	3	3	3	4	4
2	1	2	3	3	3	4	4	4
	2	3	3	3	3	4	4	4
	3	3	4	4	4	4	5	5
3	1	3	3	4	4	4	4	5
	2	3	4	4	4	4	5	5
	3	4	4	4	4	4	5	5
4	1	4	4	4	4	5	5	5
	2	4	4	4	4	5	5	5
	3	4	4	5	5	5	6	6
5	1	5	5	5	5	6	6	6
	2	5	6	6	6	6	7	7
	3	6	6	7	7	7	7	7
6	1	7	7	7	7	8	8	8
	2	8	8	8	8	9	9	9
	3	9	9	9	9	9	9	9

Upper arm score **3** Lower arm score **2**

A2

Force/Load	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	3	1	3	1
> 10 kg	4	2	4	2
rapid build-up	4	3	4	3
jolting action	4	3	4	3

A1 **4** + A2 **3** = A3 **7**

B1

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

Neck score **2**

B1 **2** + B2 **3** = B3 **5**

B2

Force/Load	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	3	1	3	1
> 10 kg	4	2	4	2
rapid build-up	4	3	4	3
jolting action	4	3	4	3

RULA score	B3						
	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 score **7**

RULA score 1-2 : Posture is acceptable if it is not maintained or repeated for long periods.

RULA score 3-4 : Further investigation is needed and changes may be needed.

RULA score 5-6 : Investigation and changes are required soon.

RULA score 7+ : Investigation and changes are required immediately.

Attention: Before using RULA, you should be familiar with the assessment method described in: *McAtamney, L., & Corlett, E.N. (1993) RULA: a survey method for the investigation of work-related upper limb disorders. Applied Ergonomics, 24(2), 91-99.*

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RULA worksheet A

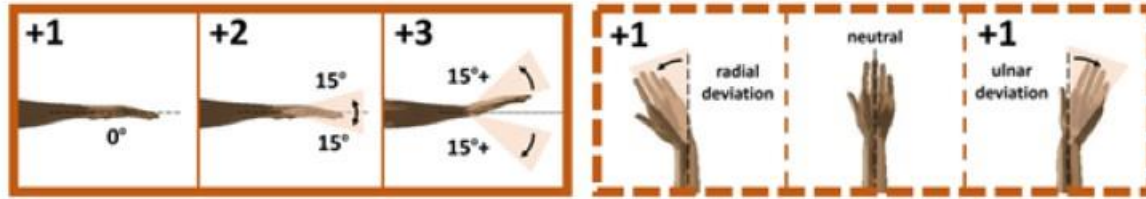
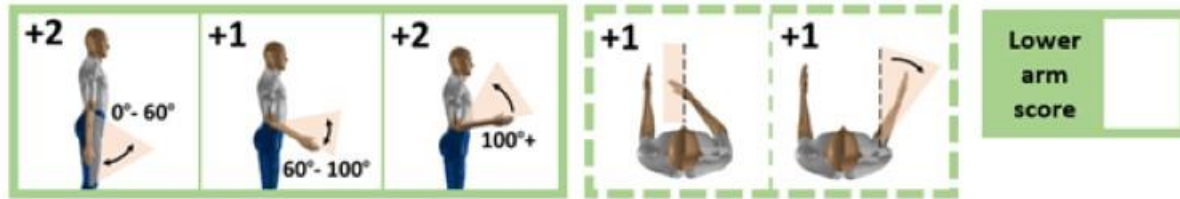
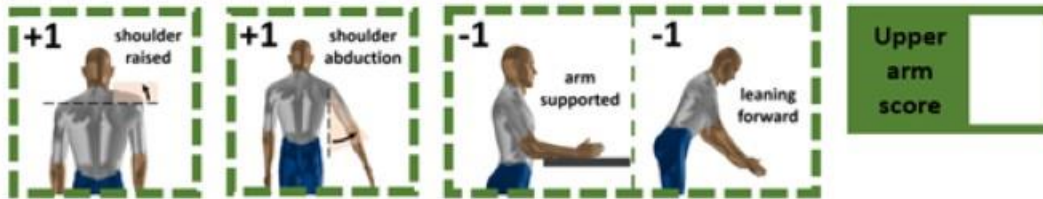
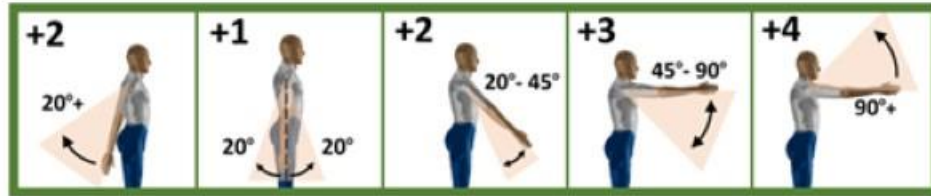
task:
location:

date:
name:



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A1	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	2	2	2	3	3	3	
	2	2	2	2	2	3	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	5	5	5	5	6	6	
5	1	5	5	5	5	5	6	6	6	
	2	5	6	6	6	6	7	7	7	
	3	6	6	7	7	7	7	7	7	
6	1	7	7	7	7	7	8	8	8	
	2	8	8	8	8	8	9	9	9	
	3	9	9	9	9	9	9	9	9	

A2	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	3	1	3	1
> 10 kg	4	2	4	2
rapid build-up	4	3	4	3
jolting action	4	3	4	3

A1 + A2 = A3

RULA worksheet B

task:
location:

date:
name:



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+4 neck in extension

+1 0°- 10°

+2 10°- 20°

+3 20°+

+1 side-bended neck

+1 twisted neck

Neck score

+1 trunk well supported
hip-trunk angle $\geq 90^\circ$

+1 0°

+2 0°- 20°

+3 20°- 60°

+4 60°+

+1 side-bended trunk

+1 twisted trunk

Trunk score

+1 balanced standing posture

+1 Feet supported while seated

+2 unbalanced leg posture

Legs score

RULA score 1-2 : Posture is acceptable if it is not maintained or repeated for long periods.

RULA score 3-4 : Further investigation is needed and changes may be needed.

RULA score 5-6 : Investigation and changes are required soon.

RULA score 7+ : Investigation and changes are required immediately.

B1	Trunk											
	1		2		3		4		5		6	
Neck	1	2	1	2	1	2	1	2	1	2	1	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	8	9	9	9	9	9

B2	Muscle use is mainly:			
	static		repetitive	
Force/Load	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	3	1	3	1
> 10 kg	4	2	4	2
rapid build-up	4	3	4	3
jolting action	4	3	4	3

RULA score	B3						
	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 score

B1 + **B2** = **B3**

Rapid Entire Body Assessment (REBA): Basic worksheet instructions



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Step 1: For each posture series enclosed by a thick **solid** border, select one value.

Step 2 (optional): Select the value for each applicable posture enclosed by a thick **dashed** border.

If there are two or more postures enclosed by the same thick **dashed** border, select only one value.

Step 3: Sum the selected values and record the result.
e.g. $(+3) + (+1) + (-1) = 3$

The diagram illustrates the REBA assessment process. It shows two rows of posture series. The top row, enclosed in a thick solid border, contains five series with values: +2 (20°+), +1 (20°), +2 (20°-45°), +3 (45°-90°), and +4 (90°+). The bottom row, enclosed in a thick dashed border, contains four series: +1 (shoulder raised), +1 (shoulder abduction), -1 (arm supported), and -1 (leaning forward). A final box on the right shows the 'Upper arm score' as 3.

Attention: Before using REBA, you should be familiar with the assessment method described in: *Hignett, S., & McAtamney, L. (2000) Technical note: Rapid Entire Body Assessment (REBA). Applied Ergonomics, 31, 201-205.*

Rapid Entire Body Assessment (REBA): Basic worksheet instructions



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Neck score **2** Legs score **3**

Lower arm score **1** Wrist score **3**

A1 Neck

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

Trunk score **3**

A2 shock or rapid build-up

Force/Load	shock or rapid build-up	
	No	Yes
< 5 kg	0	1
5 - 10 kg	1	2
> 10 kg	2	3

B1 Lower arm

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

Upper arm score **3**

B2 Coupling

Coupling	Score	Description
Good	0	Well fitting handle and using a mid-range power grip
Fair	1	Hand hold acceptable, but not ideal or Coupling is acceptable via another part of the body
Poor	2	Hand hold not acceptable, although possible
Not Acceptable	3	Strange, unsafe grip, no handles or Couple is unacceptable if using other parts of the body

A1 6 + **A2 2** = **A3 8**

B1 5 + **B2 1** = **B3 6**

C1 **B3**

Trunk	B3											
	1	2	3	4	5	6	7	8	9	10	11	12
1	1	1	1	2	3	3	4	5	6	7	7	7
2	1	2	2	3	4	4	5	6	6	7	7	8
3	2	3	3	3	4	5	6	7	7	8	8	8
4	3	4	4	4	5	6	7	8	8	9	9	9
5	4	4	4	5	6	7	8	8	9	9	9	9
6	6	6	6	7	8	8	9	9	10	10	10	10
7	7	7	7	8	9	9	9	10	10	10	11	11
8	8	8	8	9	10	10	10	10	11	11	11	11
9	9	9	9	10	10	11	11	11	12	12	12	12
10	10	10	10	11	11	11	11	12	12	12	12	12
11	11	11	11	11	12	12	12	12	12	12	12	12
12	12	12	12	12	12	12	12	12	12	12	12	12

A3 10

C2 Score Description

+1	if one or more body parts are static, e.g., held for longer than 1 min
+1	if repeated small-range actions occur, e.g., repeated more than 4 times per minute (not including walking)
+1	if the action causes rapid large-range changes in posture or an unstable base

Activity Score

C1 10 + **C2 2** = **REBA score 12**

REBA scores

Score	Risk Level	Action
1	Negligible risk	No action necessary.
2-3	Low risk	Action may be necessary.
4-7	Medium risk	Action necessary.
8-10	High risk	Action necessary soon.
11+	Very high risk	Action necessary now.

Attention: Before using REBA, you should be familiar with the assessment method described in: *Hignett, S., & McAtamney, L. (2000) Technical note: Rapid Entire Body Assessment (REBA). Applied Ergonomics, 31, 201-205.*

REBA worksheet A

task:
location:

date:
name:



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Neck score

Trunk score

Legs score

A1	Neck											
	1				2				3			
Trunk	Legs				Legs				Legs			
	1	2	3	4	1	2	3	4	1	2	3	4
1	1	2	3	4	1	2	3	4	3	3	5	6
2	2	3	4	5	3	4	5	6	4	5	6	7
3	2	4	5	6	4	5	6	7	5	6	7	8
4	3	5	6	7	5	6	7	8	6	7	8	9
5	4	6	7	8	6	7	8	9	7	8	9	9

A2	shock or rapid build-up	
	No	Yes
Force/Load	No	Yes
< 5 kg	0	1
5 - 10 kg	1	2
> 10 kg	2	3

A1 + A2 = A3

REBA worksheet B

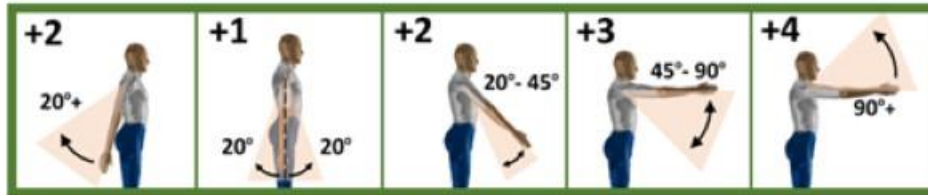
task:
location:

date:
name:

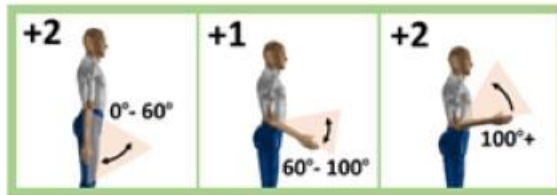
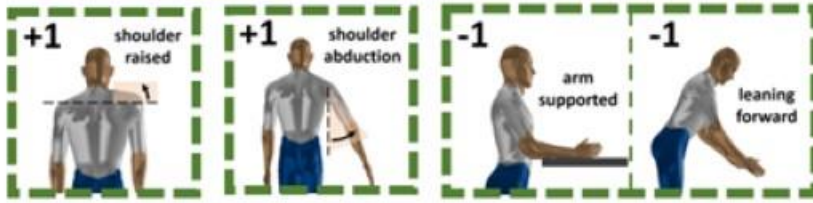


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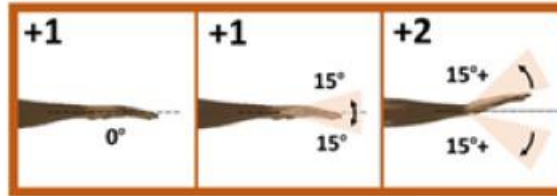
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Upper arm score



Lower arm score



Wrist score



B1	Lower arm					
	1			2		
Upper arm	Wrist			Wrist		
	1	2	3	1	2	3
1	1	2	2	1	2	3
2	1	2	3	2	3	4
3	3	4	5	4	5	5
4	4	5	5	5	6	7
5	6	7	8	7	8	8
6	7	8	8	8	9	9

B2	Coupling	Score	Description
	Good	0	Well fitting handle and using a mid-range power grip
Fair	1	Hand hold acceptable, but not ideal <i>or</i> Coupling is acceptable via another part of the body	
Poor	2	Hand hold not acceptable, although possible	
Not Acceptable	3	Strange, unsafe grip, no handles <i>or</i> Couple is unacceptable if using other parts of the body	

B1 + **B2** = **B3**

REBA worksheet C

task:
location:

date:
name:



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travailleurs (ses)
de l'Ontario Inc.

C1	B3												
	1	2	3	4	5	6	7	8	9	10	11	12	
A3	1	1	1	1	2	3	3	4	5	6	7	7	7
	2	1	2	2	3	4	4	5	6	6	7	7	8
	3	2	3	3	3	4	5	6	7	7	8	8	8
	4	3	4	4	4	5	6	7	8	8	9	9	9
	5	4	4	4	5	6	7	8	8	9	9	9	9
	6	6	6	6	7	8	8	9	9	10	10	10	10
	7	7	7	7	8	9	9	9	10	10	11	11	11
	8	8	8	8	9	10	10	10	10	10	11	11	11
	9	9	9	9	10	10	10	11	11	11	12	12	12
	10	10	10	10	11	11	11	11	12	12	12	12	12
	11	11	11	11	11	12	12	12	12	12	12	12	12
	12	12	12	12	12	12	12	12	12	12	12	12	12

photo/sketch/notes

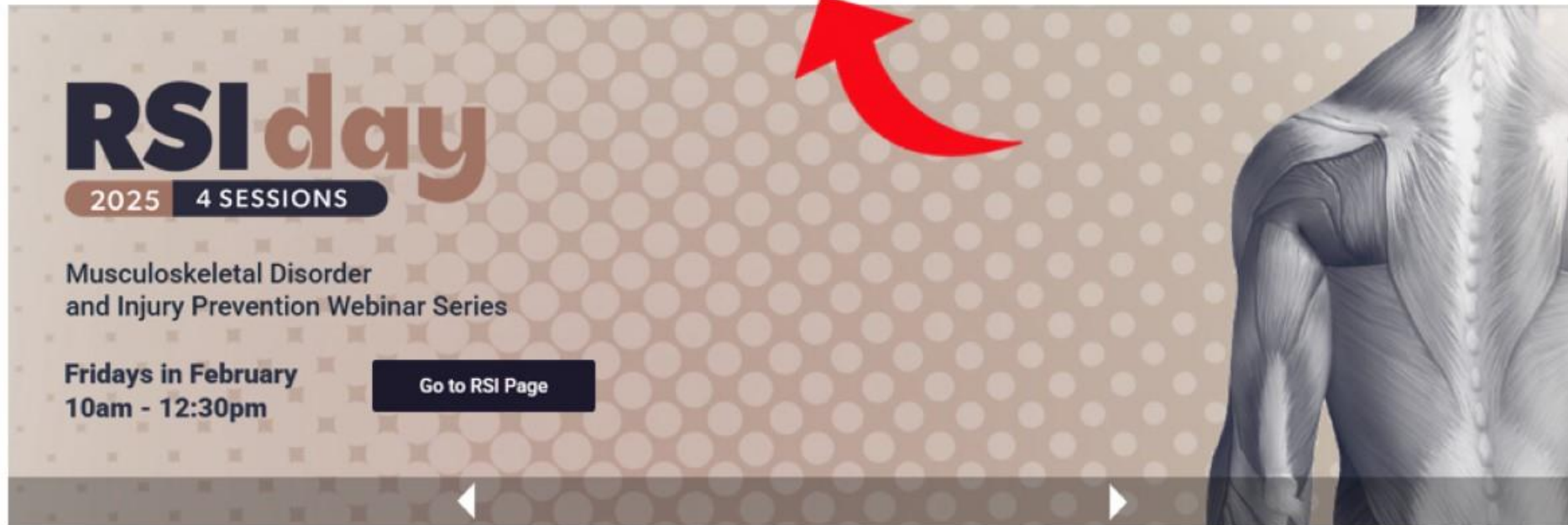
C2	Score	Description
Activity Score	+1	If one or more body parts are static, e.g., held for longer than 1 min
	+1	If repeated small-range actions occur, e.g., repeated more than 4 times per minute (not including walking)
	+1	If the action causes rapid large-range changes in posture or an unstable base

C1 + C2 = REBA score

REBA scores



- REBA score 1** : Negligible risk. No action necessary.
- REBA score 2-3** : Low risk. Action may be necessary.
- REBA score 4-7** : Medium risk. Action necessary.
- REBA score 8-10** : High risk. Action necessary soon.
- REBA score 11+** : Very high risk. Action necessary now.




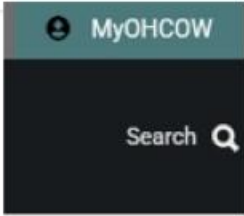
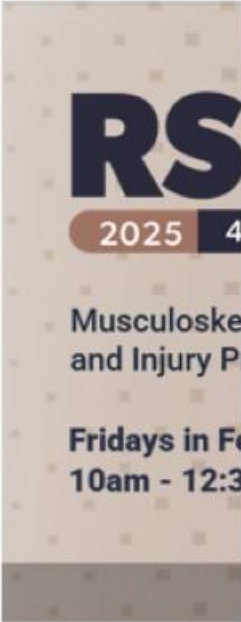
RSI day
2025 4 SESSIONS

Musculoskeletal Disorder
and Injury Prevention Webinar Series

Fridays in February
10am - 12:30pm


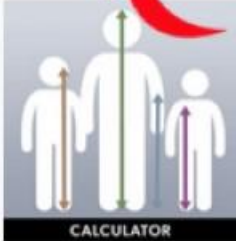

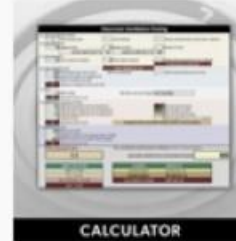




[Go to RSI Page](#)





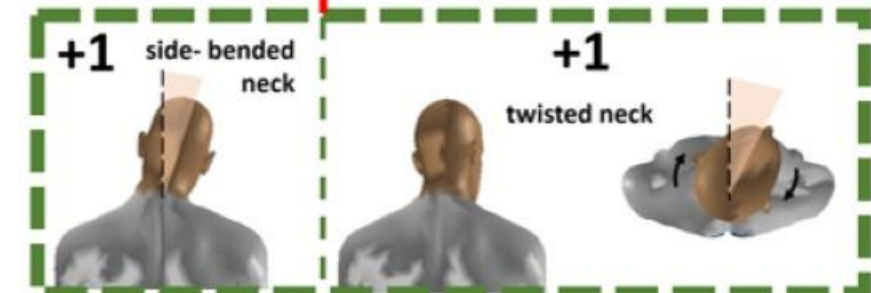
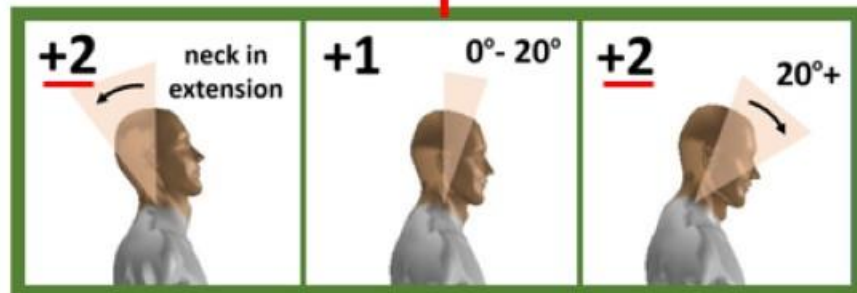
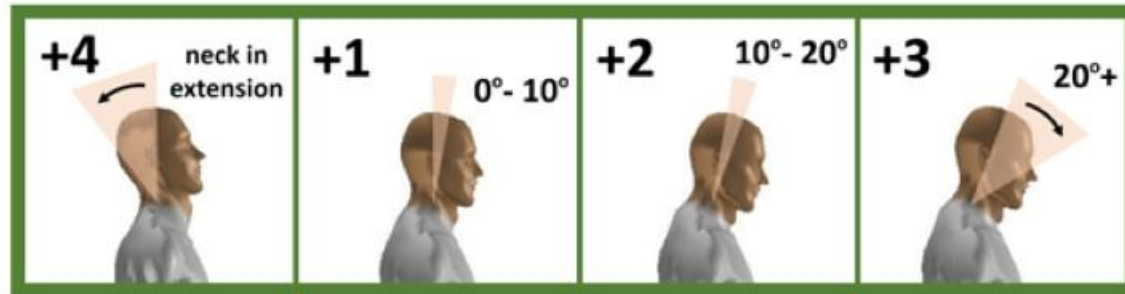
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[Hygiene](#)
[Mental Health](#)

 <p>APP</p> <p>AirAssess App</p> <p>This questionnaire style app consists of three scientifically recognized questionnaires on the indoor environment (air quality), job strain (stress), and asthma symptom screening.</p> <p>VIEW POST</p>	 <p>CALCULATOR</p> <p>Anthropometric Calculator</p> <p>Our Anthropometric Calculator is an amalgamation of databases that provides the most comprehensive and concise set of body measurement data.</p> <p>VIEW POST</p>	 <p>TOOL</p> <p>CHAP-Risk Tool</p> <p>December 2021 • A workplace tool used for identifying and prioritizing workplace chemical hazards.</p> <p>VIEW POST</p>	 <p>CALCULATOR</p> <p>Class / Meeting Room Ventilation Calculation Tool</p> <p>Determine the adequacy of the ventilation in your classroom using this simple Excel-based tool developed by OHCOW.</p> <p>VIEW POST</p>
 <p>CALCULATOR</p> <p>Cold Stress Calculator</p> <p>November 2021 • Determine what precautions should be</p>	 <p>CALCULATOR</p> <p>Computer Mouse Size Calculator</p>	 <p>CALCULATOR</p> <p>Diesel Exhaust Lung Cancer Relative Risk Calculator</p>	 <p>CALCULATOR</p> <p>Glove Size Calculator</p> <p>Wearing the correct sized gloves helps the risk of</p>

Neck score

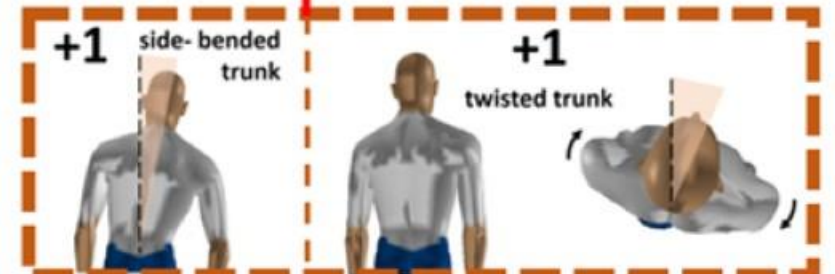
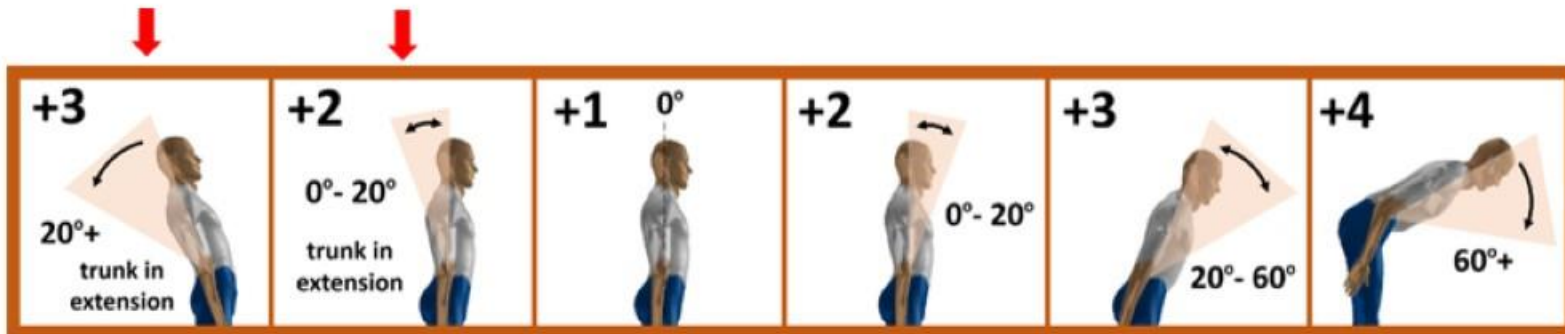
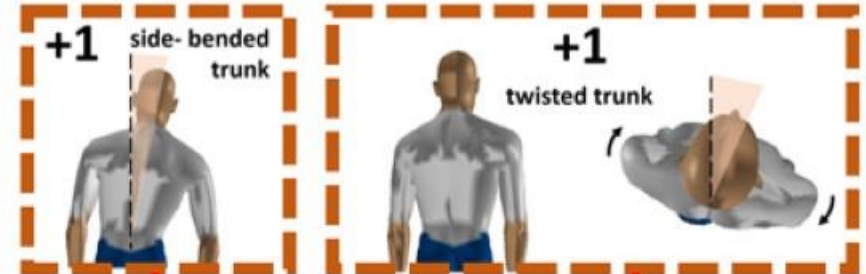
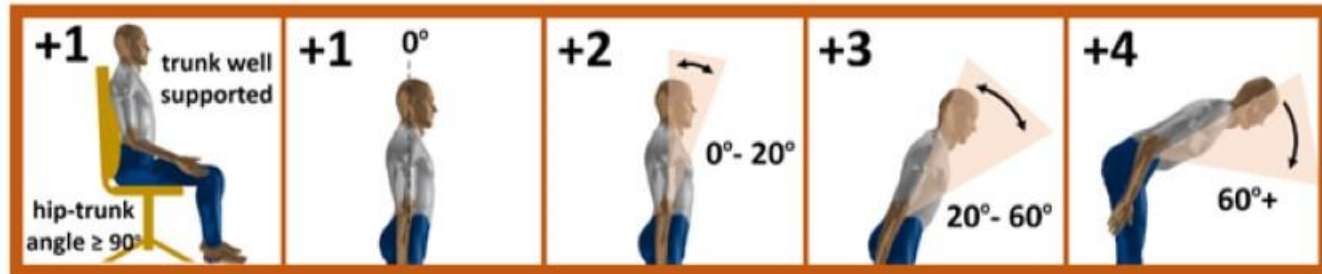
RULA Scores: 1 - 6



REBA Scores: 1 - 3

Trunk score

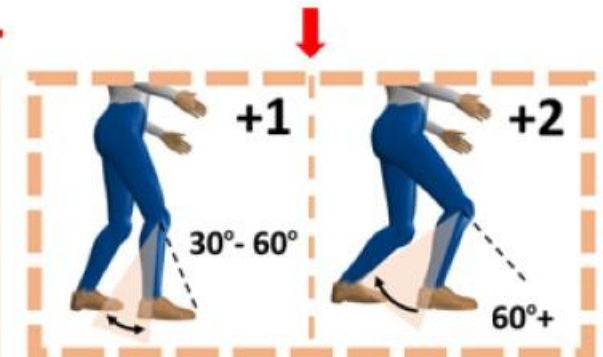
RULA Scores: 1 - 6



REBA Scores: 1 - 5

Legs score

RULA Scores: 1 - 2

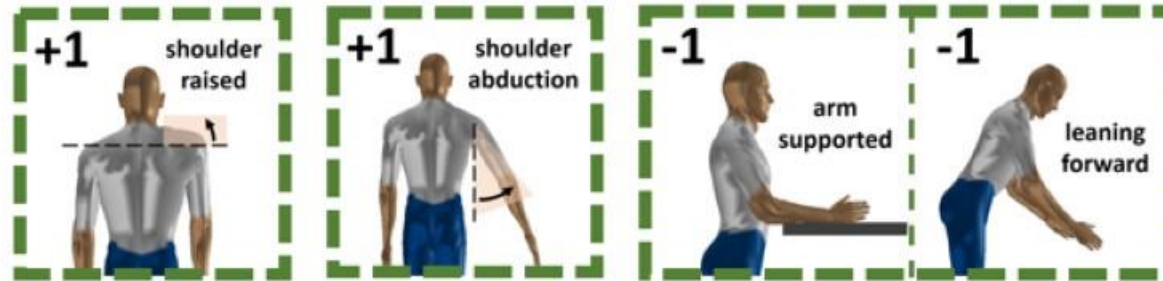
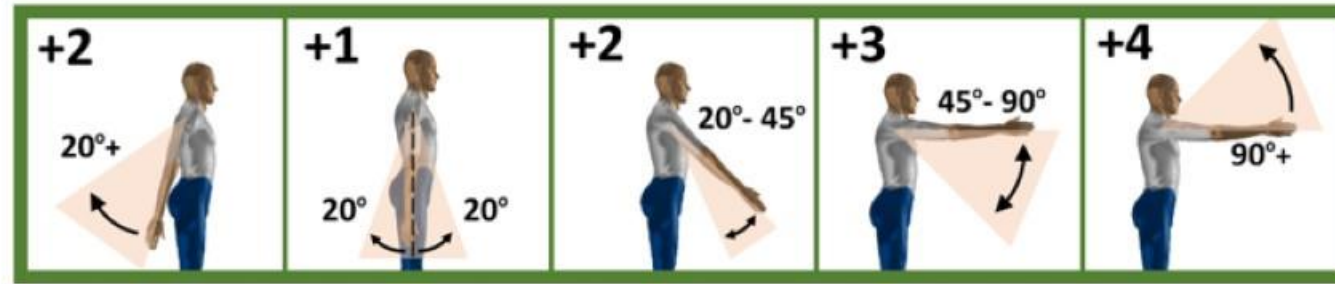


REBA Scores: 1 - 4

Upper arm score

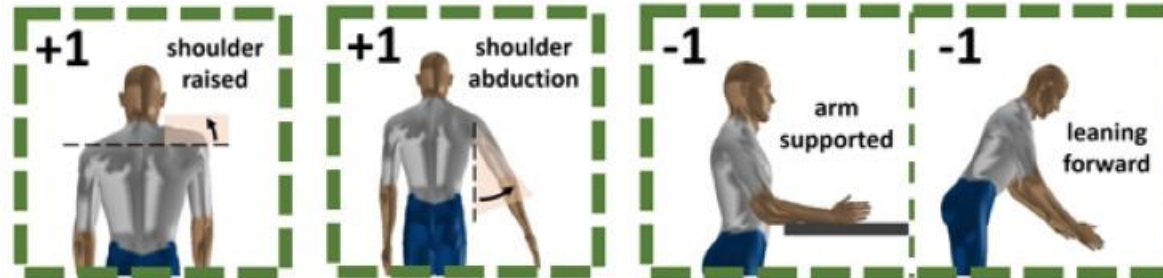
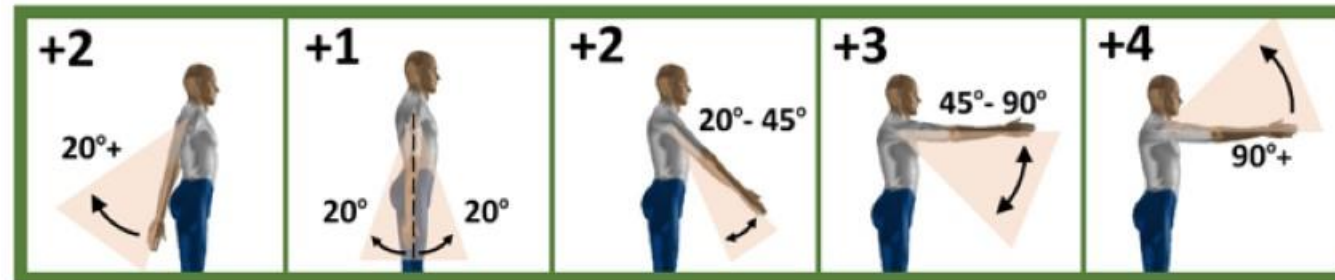
RULA

Scores: 1 - 6



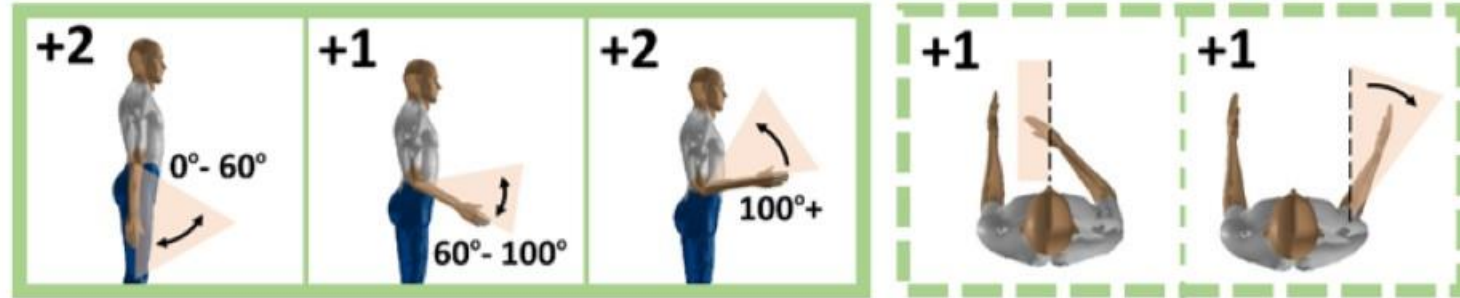
REBA

Scores: 1 - 6

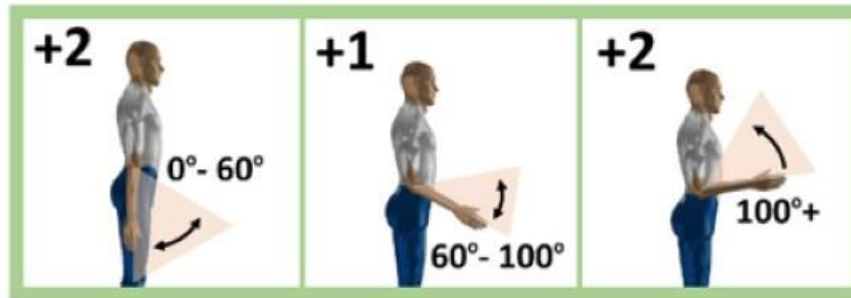


Lower arm score

RULA
Scores: 1 - 3



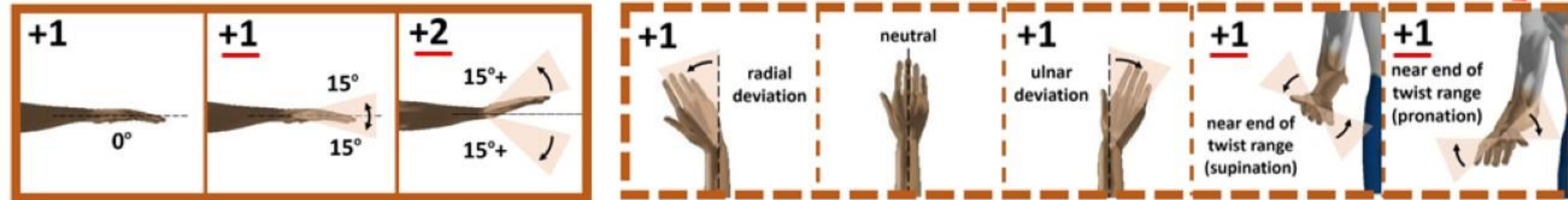
REBA
Scores: 1 - 2



Wrist score

Wrist twist score

RULA Scores: 2 - 6



REBA Scores: 1 - 3

RULA vs REBA

Body Part	RULA		REBA		RU - RE (Max.)	% chg. (Max.)
	Min.	Max.	Min.	Max.		
Neck score	1	6	1	3	-3	50% ↓
Trunk score	1	6	1	5	-1	17% ↓
Legs score	1	2	1	4	+2	100% ↑
Upper arm score	1	6	1	6	0	0%
Lower arm score	1	3	1	2	-1	33% ↓
Wrist score	2	6	1	3	-3	50% ↓
Posture totals	7	29	6	23	-6	21% ↓

REBA

Pro tip: not that knee angle, this one!

balanced standing posture



walking



+2



balanced on one leg

+2



feather weight bearing

+2



unstable posture

+1



30°- 60°

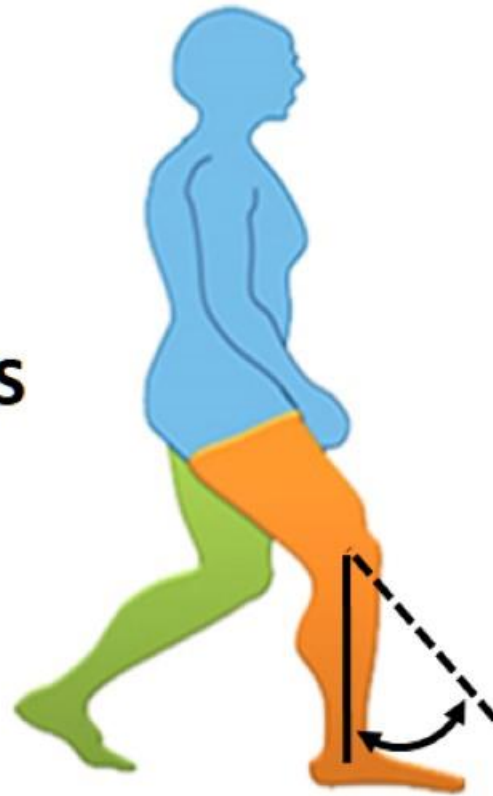
+2



60°+



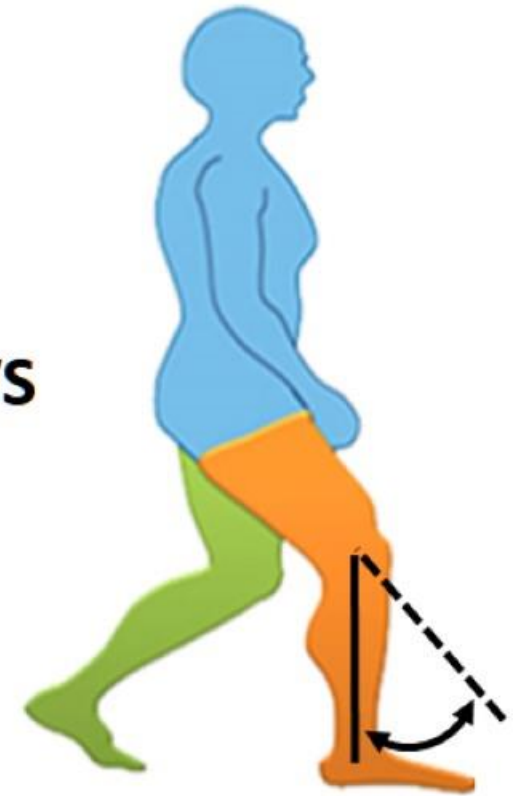
VS



60 degrees



VS



40 degrees



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Coupling: it's more than a hand grip


	Coupling	Score	Description
B2	Good	0	Well fitting handle and using a mid-range power grip
	Fair	1	Hand hold acceptable, but not ideal <i>or</i> Coupling is acceptable via another part of the body
	Poor	2	Hand hold not acceptable, although possible
Not Acceptable		3	Strange, unsafe grip, no handles <i>or</i> Couple is unacceptable if using other parts of the body

Mid-range power for one worker, could be near the limit of grip strength for another. Don't just consider the hand posture; consider the stability of that hand posture.

Should the consequences of losing a grip/coupling be considered in score selection?

Good/fair coupling may still not be acceptable because of the duration of the coupling.

up to 3 points to the right

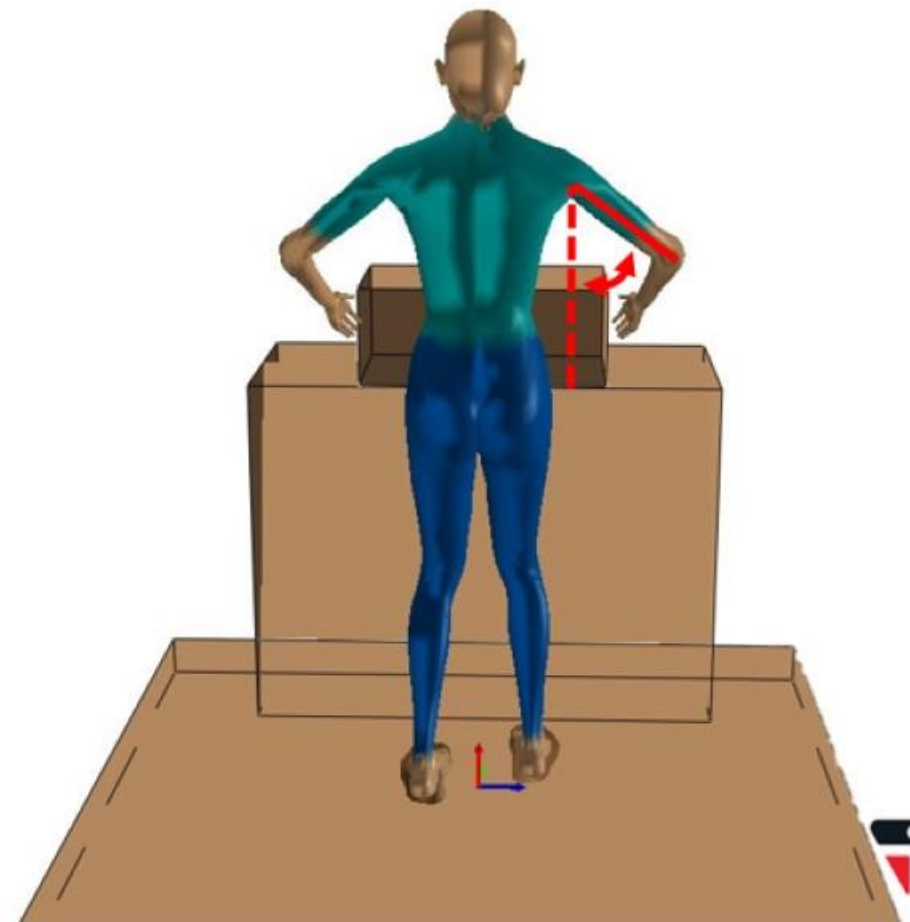
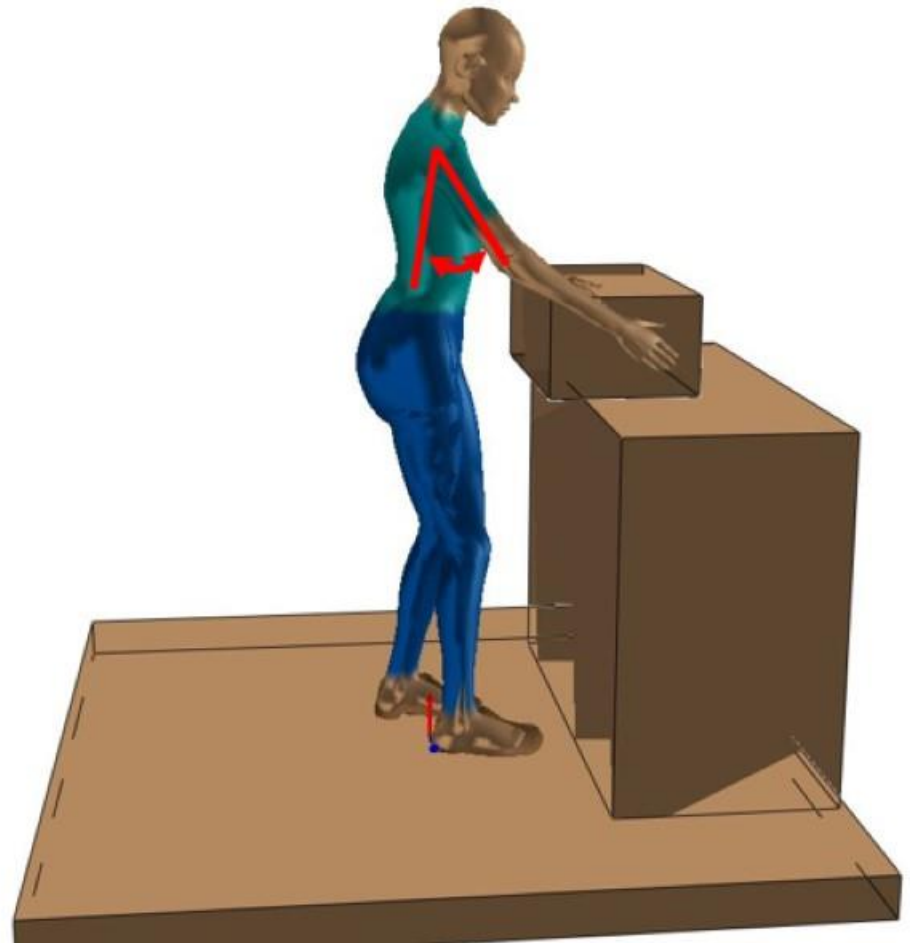
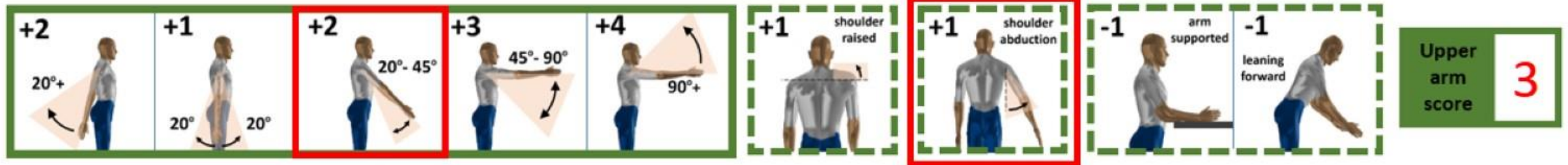


C1	B3												
	1	2	3	4	5	6	7	8	9	10	11	12	
A3	1	1	1	1	2	3	3	4	5	6	7	7	7
	2	1	2	2	3	4	4	5	6	6	7	7	8
	3	2	3	3	3	4	5	6	7	7	8	8	8
	4	3	4	4	4	5	6	7	8	8	9	9	9
	5	4	4	4	5	6	7	8	8	9	9	9	9
	6	6	6	6	7	8	8	9	9	10	10	10	10
	7	7	7	7	8	9	9	9	10	10	11	11	11
	8	8	8	8	9	10	10	10	10	10	11	11	11
	9	9	9	9	10	10	10	11	11	11	12	12	12
	10	10	10	10	11	11	11	11	12	12	12	12	12
	11	11	11	11	11	12	12	12	12	12	12	12	12
	12	12	12	12	12	12	12	12	12	12	12	12	12

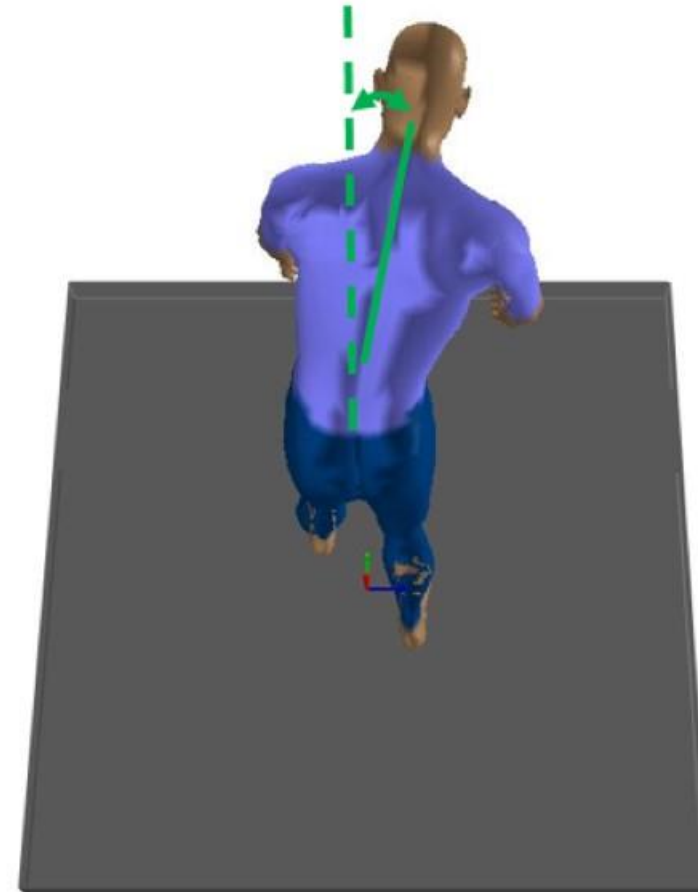
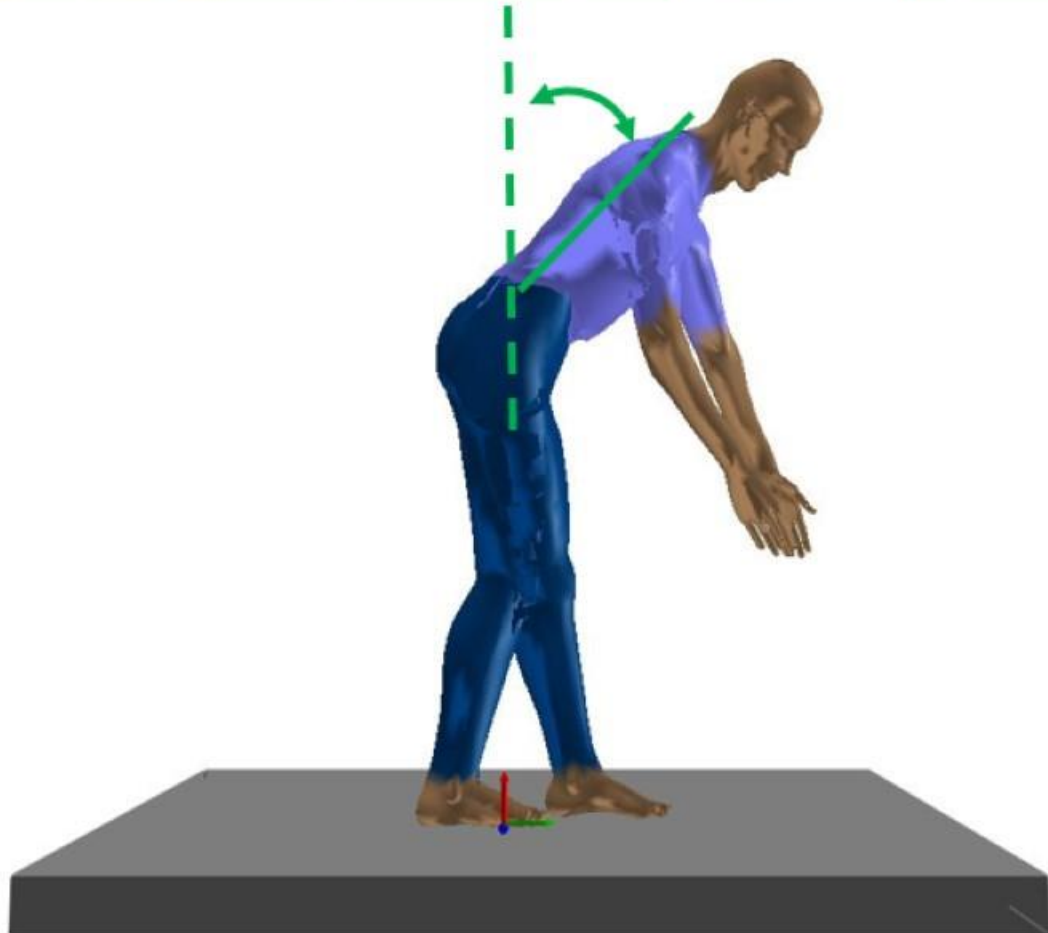
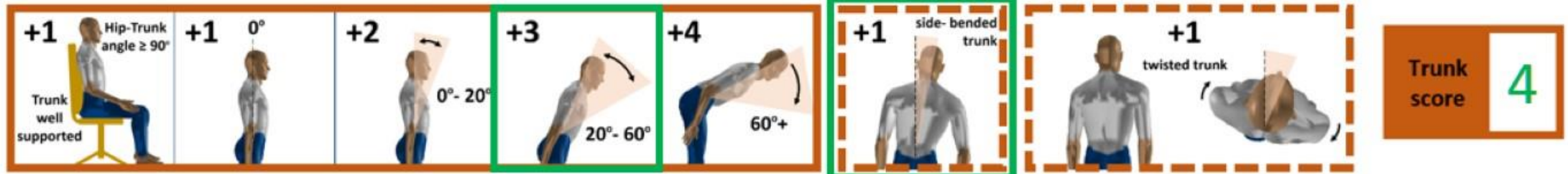
REBA scores

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
REBA score 1 : Negligible risk. No action necessary.														
REBA score 2-3 : Low risk. Action may be necessary.														
REBA score 4-7 : Medium risk. Action necessary.														
REBA score 8-10 : High risk. Action necessary soon.														
REBA score 11+ : Very high risk. Action necessary now.														

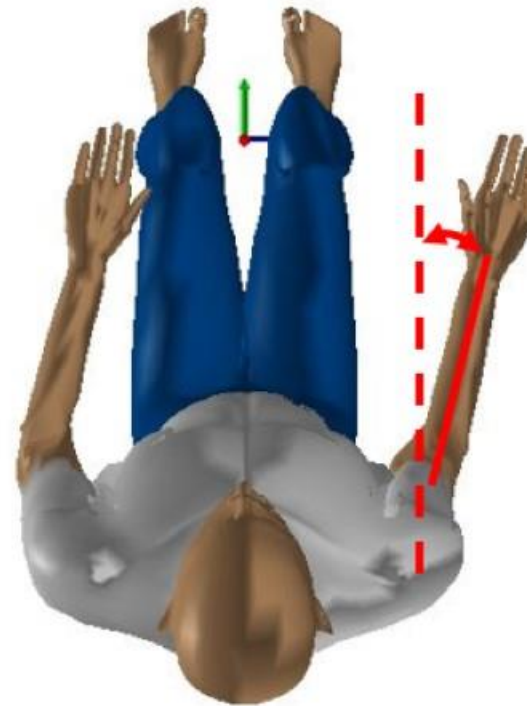
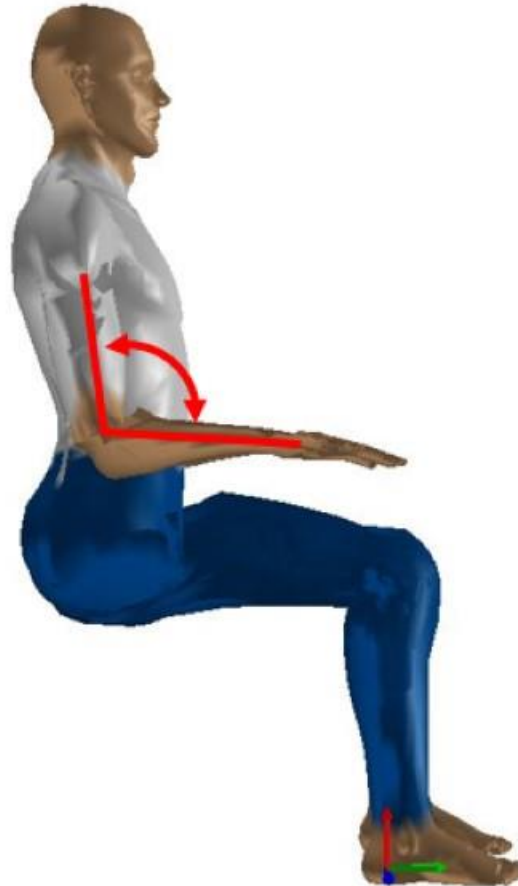
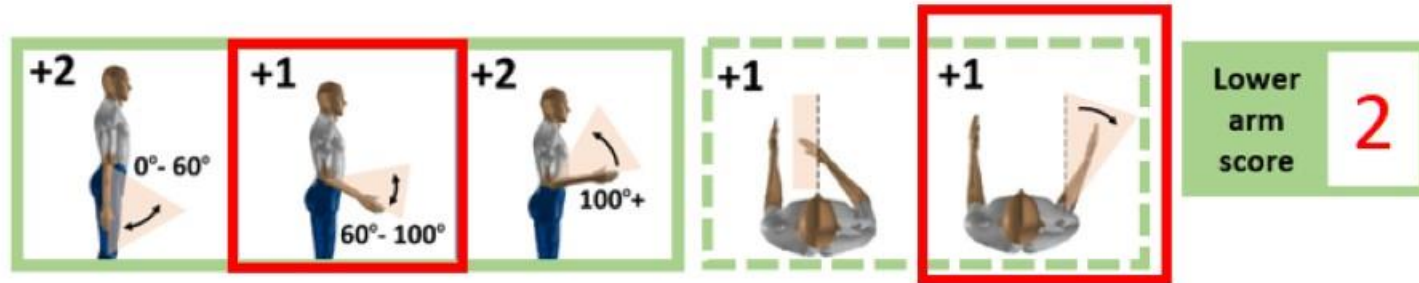
BEWARE the Parallax error



BEWARE the Parallax error



BEWARE the Parallax error



The Burden of Choice

What posture(s) should you select for analysis?

You must observe and record enough of the work in order for you to make the appropriate choice. This is especially true with REBA.

Some criteria to consider:

- Most frequently repeated posture
- Longest maintained posture
- Posture requiring the most muscular activity or the greatest forces
- Posture known to cause discomfort
- Extreme, unstable, or awkward posture, especially where a force is exerted
- Posture most likely to be improved by an intervention



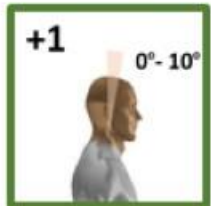
RULA vs REBA

Logging Truck Driver



<https://www.youtube.com/watch?v=dfEXvQluiKU>

RULA



B2	Muscle use is mainly:			
	static		repetitive	
Force/Load	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	3	1	3	1
> 10 kg	4	2	4	2
rapid build-up	4	3	4	3
jolting action	4	3	4	3

B1 1 + B2 4 = B3 5



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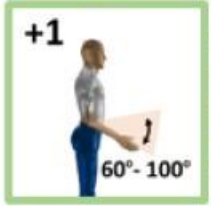
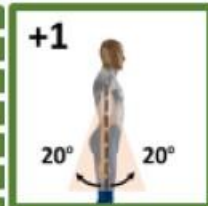
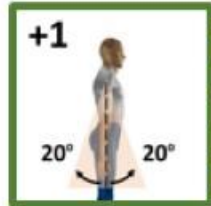
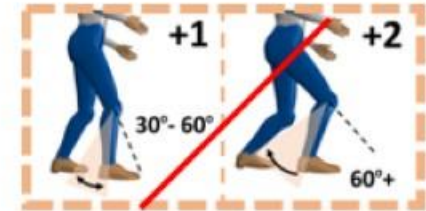
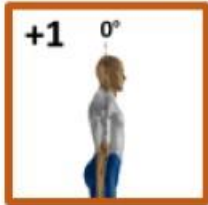
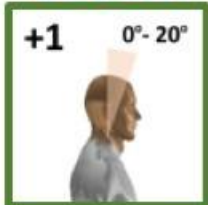
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<https://www.youtube.com/watch?v=dfExvQIuiKU>

REBA

A2	shock or rapid build-up	
	No	Yes
Force/Load < 5 kg	0	1
5 - 10 kg	1	2
> 10 kg	2	3

A1 1 + A2 3 = A3 4

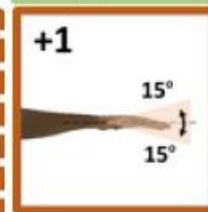
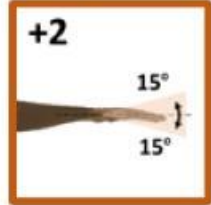


A2	Muscle use is mainly:			
	static		repetitive	
Force/Load	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	3	1	3	1
> 10 kg	4	2	4	2
rapid build-up	4	3	4	3
jolting action	4	3	4	3

A1 3 + A2 3 = A3 6

B2	Coupling	Score	Description
	Good	0	Well fitting handle and using a mid-range power grip
	Fair	1	Hand hold acceptable, but not ideal <i>or</i> Coupling is acceptable via another part of the body
	Poor	2	Hand hold not acceptable, although possible
Not Acceptable		3	Strange, unsafe grip, no handles <i>or</i> Couple is unacceptable if using other parts of the body

B1 2 + B2 0 = B3 2



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RULA

$$A1 \ 3 + A2 \ 3 = A3 \ 6$$

$$B1 \ 1 + B2 \ 4 = B3 \ 5$$

RULA score	B3												
	1	2	3	4	5	6	7+	8	9	10	11	12	13
A3	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					
9													
10													
11													
12													
13													

RULA score **5**



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REBA

$$A1 \ 1 + A2 \ 3 = A3 \ 4$$

$$B1 \ 2 + B2 \ 0 = B3 \ 2$$

C1	B3												
	1	2	3	4	5	6	7	8	9	10	11	12	
A3	1	1	1	1	2	3	3	4	5	6	7	7	7
	2	1	2	2	3	4	4	5	6	6	7	7	8
	3	2	3	3	3	4	5	6	7	7	8	8	8
	4	3	4	4	4	5	6	7	8	8	9	9	9
	5	4	4	4	5	6	7	8	8	9	9	9	9
	6	6	6	6	7	8	8	9	9	10	10	10	10
	7	7	7	7	8	9	9	9	10	10	11	11	11
	8	8	8	8	9	10	10	10	10	10	11	11	11
	9	9	9	9	10	10	10	11	11	11	12	12	12
	10	10	10	10	11	11	11	11	12	12	12	12	12
	11	11	11	11	11	12	12	12	12	12	12	12	12
	12	12	12	12	12	12	12	12	12	12	12	12	12

RULA score 1-2 : Posture is acceptable if it is not maintained or repeated for long periods.

RULA score 3-4 : Further investigation is needed and changes may be needed.

RULA score 5-6 : Investigation and changes are required soon. ←

RULA score 7+ : Investigation and changes are required immediately.

C2	Score	Description
Activity Score	+1	If one or more body parts are static, e.g., held for longer than 1 min
	+1	If repeated small-range actions occur, e.g., repeated more than 4 times per minute (not including walking)
	+1	If the action causes rapid large-range changes in posture or an unstable base

$$C1 \ 4 + C2 \ 2 = \text{REBA score } 6$$

← **REBA score 1** : Negligible risk. No action necessary.

REBA score 2-3 : Low risk. Action may be necessary.

REBA score 4-7 : Medium risk. Action necessary.

REBA score 8-10 : High risk. Action necessary soon.

REBA score 11+ : Very high risk. Action necessary now.

Pro tip: use an on-screen compass



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Images source: <https://www.youtube.com/watch?v=dfEXvQluiu>

RULA

RULA worksheet A task: location: date: name:

A1

Posture	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
1	1	0	1	0
2	1	0	1	0
3	1	0	1	0
4	1	0	1	0
5	1	0	1	0
6	1	0	1	0
7	1	0	1	0
8	1	0	1	0
9	1	0	1	0
10	1	0	1	0

A2

Force/Load	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	3	1	3	1
> 10 kg	4	2	4	2
rapid build-up	4	3	4	3
jolting action	4	3	4	3

A1 + **A2** = **A3**

Give a score of 1 if the posture is :

- mainly static, eg held for longer than 1 min
- repeated more than 4 times /min

0	1	2	3
• No resistance or less than 2 kg intermittent load or force	• 2-10 kg intermittent load or force	• 2-10kg static load • 2-10kg repeated load or force	• 10kg or more static load • 10kg or more repeated loads or forces • Shock or forces with a rapid build-up



The score is also 2 if the load is intermittent but more than 10 kg.

Muscle use is mainly:

Force/Load	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	1	0	1	0
> 10 kg	1	0	1	0
rapid build-up	1	0	1	0
jolting action	1	0	1	0

Force/Load	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load		0		0
0 < 2 kg		0		0
2 - 10 kg	2	1	2	1
> 10 kg	3	2	3	2
rapid build-up	3	3	3	3
jolting action	3	3	3	3

RULA worksheet B task: location: date: name:

B1

Posture	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
1	1	0	1	0
2	1	0	1	0
3	1	0	1	0
4	1	0	1	0
5	1	0	1	0
6	1	0	1	0
7	1	0	1	0
8	1	0	1	0
9	1	0	1	0
10	1	0	1	0

B2

Force/Load	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	3	1	3	1
> 10 kg	4	2	4	2
rapid build-up	4	3	4	3
jolting action	4	3	4	3

B1 + **B2** = **B3**

A2

Force/Load	Muscle use is mainly:			
	static		repetitive	
	> 1 min	≤ 1 min	> 4/min	≤ 4/min
No load	1	0	1	0
0 < 2 kg	1	0	1	0
2 - 10 kg	3	1	3	1
> 10 kg	4	2	4	2
rapid build-up	4	3	4	3
jolting action	4	3	4	3



END