RULA worksheet A

task:
location:
date:
name:

+2	+1	+2	+3	+4
20°+	20° / 20°	20°- 45°	45°- 90°	90°+

+1 shoulder raised	+1 shoulder abduction	-1 arm supported	-1 leaning forward	**Upper arm score** [ ]

+2 0°- 60°	+1 60°-100°	+2 100°+	+1	+1	**Lower arm score** [ ]

+1 0°	+2 15° / 15°	+3 15°+ / 15°+	+1 radial deviation	neutral	+1 ulnar deviation	**Wrist score** [ ]
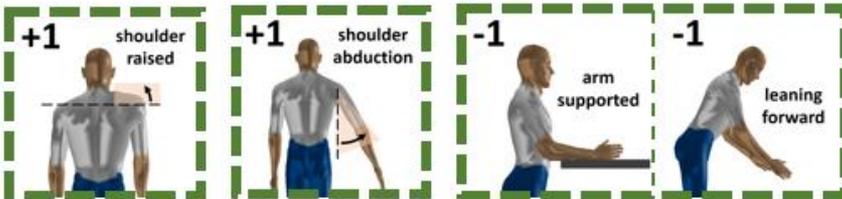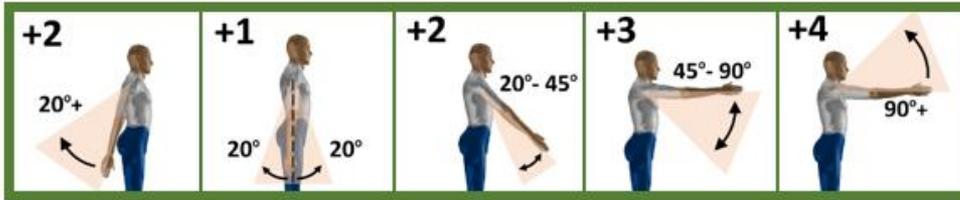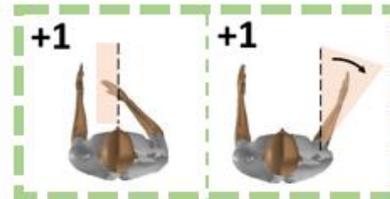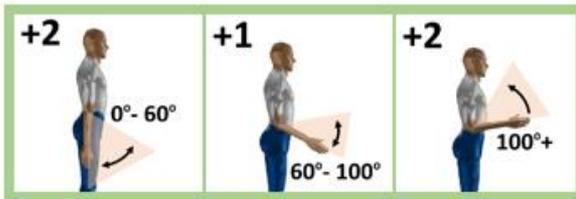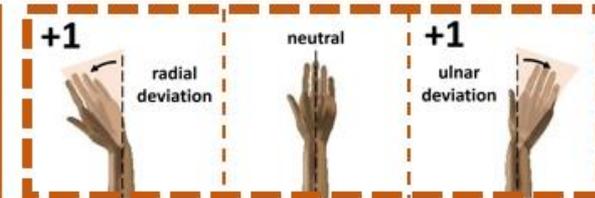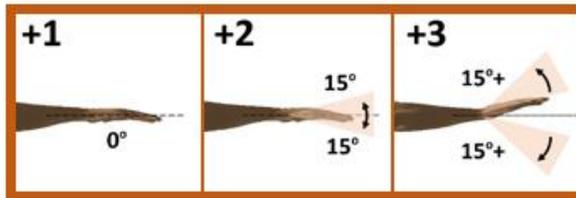
+1 mainly in mid-range of twist	+2 near end of twist range (supination)	+2 near end of twist range (pronation)	**Wrist twist score** [ ]

A1

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

A2

Force/Load	Muscle use is mainly: static > 1 min	static ≤ 1 min	repetitive > 4/min	repetitive ≤ 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:

Neck score

+4 neck in extension	+1 0°- 10°	+2 10°- 20°	+3 20°+	+1 side-bended neck	+1 twisted neck

Trunk score

+1 trunk well supported hip-trunk angle ≥ 90°	+1 0°	+2 0°- 20°	+3 20°- 60°	+4 60°+	+1 side-bended trunk	+1 twisted trunk

Legs score

+1 balanced standing posture	+1 Feet supported while seated	+2 unbalanced leg posture

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	Legs		Legs		Legs		Legs		Legs		Legs	
	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	8	8
5	7	7	7	7	8	8	8	8	8	8	8
6	8	8	8	8	8	9	9	9	9	9

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

B3 / A3 / RULA score

RULA 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 score

B1 ☐ **+** **B2** ☐ **=** **B3** ☐

Rapid Upper Limb Assessment (RULA): Basic worksheet instructions

Step 1: For each posture series enclosed by a thick ⸢solid⸣ border, select <u>one</u> value.

Step 2 (optional): Select the value for <u>each applicable</u> posture enclosed by a thick ⸢dashed⸣ border.

If there are two or more postures enclosed by the same thick ⸢dashed⸣ border, select <u>only one</u> value.

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

+2 20°+
+1 20° 20°
+2 20°- 45°
+3 45°- 90°
+4 90°+

+1 shoulder raised
+1 shoulder abduction
-1 arm supported
-1 leaning forward

Upper arm score 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

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

A1 — Wrist

Upper arm	Lower arm	Wrist twist 1	Wrist twist 2	Wrist twist 1	Wrist twist 2	Wrist twist 1	Wrist twist 2	Wrist twist 1	Wrist twist 2
		1		2		3		4	
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	5	5	5
3	1	3	3	4	4	4	4	5	5
	2	3	4	4	4	4	5	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	7	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	9	9	9	9
	3	9	9	9	9	9	9	9	9

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

A2 — Muscle use is mainly:

Force/Load	static > 1 min	static ≤ 1 min	repetitive > 4/min	repetitive ≤ 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

Trunk score **2**   Legs score **1**

B1 — Trunk

Neck	Legs 1	Legs 2	Legs 1	Legs 2	Legs 1	Legs 2	Legs 1	Legs 2	Legs 1	Legs 2	Legs 1	Legs 2
	1		2		3		4		5		6	
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

Neck score **2**

B2 — Muscle use is mainly:

Force/Load	static > 1 min	static ≤ 1 min	repetitive > 4/min	repetitive ≤ 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 2 + **B2** 3 = **B3** 5

RULA score

A3 \ 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.