RULA Assessment

Last name: .....

First name: .....

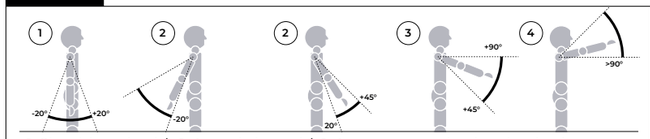
Date: .....

Workstation/Job position: .....

hapo EFFORTLESS

POSTURE A: ARM AND WRIST

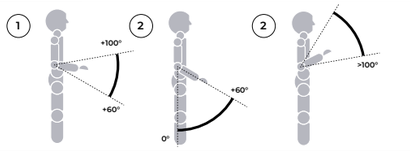
STEP 1 UPPER ARM



+1: Shoulder raised / +1: Arm abducted / -1: Arm supported or leaning body

SCORE .....

STEP 2 LOWER ARM



+1: Lower arm is working across the body midline or out to the side

SCORE .....

STEP 3 WRIST



+1: Bent laterally

SCORE .....

STEP 4 WRIST TWIST

1: Mid-range twist / 2: Near limit twist

SCORE .....

STEP 5 POSTURE A SCORE (ARM AND WRIST)

Refer to Table A (from steps 1 to 4)

SCORE .....

\+

STEP 6 MUSCULAR ACTIVITY SCORE

+1: Static posture held > 1 min or Repeated action > 4 times / min

SCORE .....

\+

STEP 7 FORCE OR LOAD SCORE

0: No resistance or < 2kg load or force (intermittent)
+1: 2-10 kg load or force (intermittent)
+2: 2-10 kg load or force (static or repeated)
+3: > 10 kg load or force (static or repeated or shock)

SCORE .....

=

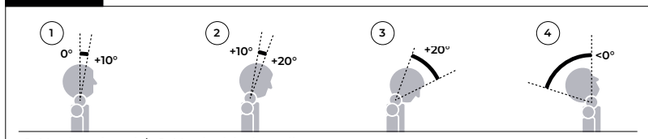
STEP 8 GLOBAL ARM AND WRIST SCORE

Add scores from steps 5 to 7

TOTAL 5 TO 7 .....

POSTURE B: NECK, TRUNK, LEG

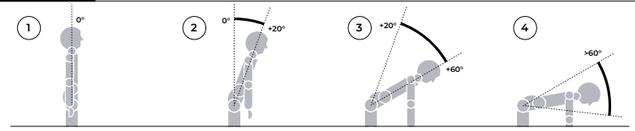
STEP 9 NECK



+1: Neck twisted / +1: Neck side-bending

SCORE .....

STEP 10 TRUNK



+1: Trunk twisted / +1: Trunk side-bending

SCORE .....

STEP 11 LEG

1: Legs and feet are well supported and in a balanced posture
2: If not the case

SCORE .....

STEP 12 POSTURE B SCORE (NECK, TRUNK AND LEG)

Refer to Table B (from steps 9 to 11)

SCORE .....

\+

STEP 13 MUSCULAR ACTIVITY SCORE

+1: Static posture held > 1 min or repeated action > 4 times / min

SCORE .....

\+

STEP 14 FORCE OR LOAD SCORE

0: No resistance or < 2kg load or force (intermittent)
+1: 2-10 kg load or force (intermittent)
+2: 2-10 kg load or force (static or repeated)
+3: > 10 kg load or force (static or repeated or shock)

SCORE .....

=

STEP 15 GLOBAL NECK, TRUNK AND LEG SCORE

Add scores from steps 12 to 14

TOTAL 12 TO 14 .....

STEP 16 - FINAL SCORE

Refer to Table C (from steps 8 and 15)

FINAL SCORE .....

TABLE A (Step 5)		Score Step 3							
		1		2		3		4	
Score Step 1	Score Step 2	Score Step 4							
		1	2	1	2	1	2	1	2
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	4	5	5	5	6	6
5	1	5	5	5	5	5	6	6	7
	2	5	6	6	6	6	6	7	7
	3	6	6	6	7	7	7	7	8
6	1	7	7	7	7	7	8	8	9
	2	8	8	8	8	8	9	9	9
	3	9	9	9	9	9	9	9	9

TABLE B (Step 12)	Score Step 10											
	1		2		3		4w		5		6	
	Score Step 11											
Score Step 9	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

FINAL SCORE (Step 16)	Score Step 15						
(Step 16)	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

SCORE	INTERPRETATION OF RESULTS
1-2	Negligible risk = No action necessary
3-4	Low risk = A change may be necessary
5-6	Moderate risk = Caution. Improvements should be considered
+6	High risk = Immediate action required