

RULA Quick Reference Tables

TABLE A: Posture scores for the upper limbs to find Posture Score A

Upper arm score	Lower arm score	Wrist posture score								
		1		2		3		4		
		W. twist 1	2	W. twist 1	2	W. twist 1	2	W. twist 1	2	
1	1	1	2	2	2	2	3	3	3	3
	2	2	2	2	2	3	3	3	3	3
	3	2	3	3	3	3	3	4	4	4
2	1	2	3	3	3	3	4	4	4	4
	2	3	3	3	3	3	4	4	4	4
	3	3	4	4	4	4	4	5	5	5
3	1	3	3	4	4	4	4	5	5	5
	2	3	4	4	4	4	4	5	5	5
	3	4	4	4	4	4	5	5	5	5
4	1	4	4	4	4	4	5	5	5	5
	2	4	4	4	4	4	5	5	5	5
	3	4	4	4	5	5	5	6	6	6
5	1	5	5	5	5	5	6	6	7	7
	2	5	6	6	6	6	7	7	7	7
	3	6	6	6	7	7	7	7	8	8
6	1	7	7	7	7	7	8	8	9	9
	2	8	8	8	8	8	9	9	9	9
	3	9	9	9	9	9	9	9	9	9

TABLE B: Posture scores for the neck, trunk, and legs to find Posture Score B

Neck posture score	Trunk posture score											
	1		2		3		4		5		6	
	Legs 1	2	Legs 1	2	Legs 1	2	Legs 1	2	Legs 1	2	Legs 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

MUSCLE USE SCORES TABLE

Score	Verbal Anchor / Description
0	all muscle use not described below
1	<ul style="list-style-type: none"> postures that are mainly static (held for longer than one minute) repetitive use (action is repeated more than 4 times per minute)

FORCE SCORES TABLE

Score	Verbal Anchor / Description
0	• weights or forces ≤ 4.4 lbs (2 kg) and held intermittently
1	• weights or forces 4.4 to 22 lbs (2 to 10 kg) and held intermittently
2	<ul style="list-style-type: none"> weights or forces 4.4 to 22 lbs (2 to 10 kg) and held statically weights or forces 4.4 to 22 lbs (2 to 10 kg) and repetitive weights or forces ≥ 22 lbs (10 kg) and held intermittently
3	<ul style="list-style-type: none"> weights or forces ≥ 22 lbs (10 kg) and held statically weights or forces ≥ 22 lbs (10 kg) and repetitive shock or force with rapid build up

TABLE C: GRAND TOTAL SCORE TABLE

		Score D (Neck, Trunk, Legs)						
		1	2	3	4	5	6	7+
Score C (Upper Limb)	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: A Survey Method for the Investigation of Work-Related Upper Limb Disorders. L. McAtamney, EN Corlett. Applied Ergonomics, 24(2): 91-99, 1993.

• Action Level 1	Score = 1-2: Posture acceptable if not maintained or repeated for long periods
• Action Level 2	Score = 3-4: Further investigation is needed, and changes may be required
• Action Level 3	Score = 5-6: Investigation and changes are required soon
• Action Level 4	Score = 7: Investigation and changes are required immediately