



Rapid Upper Limb Assessment (RULA)

Date: _____ Task: _____
 Company: _____ Supervisor: _____
 Dept: _____ Evaluator: _____

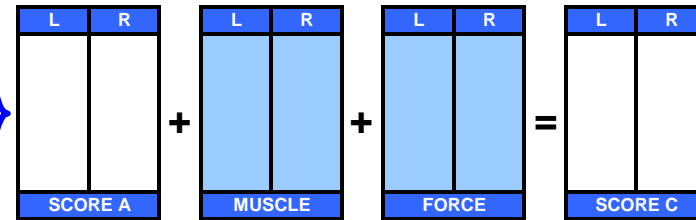
Upper Arm Posture Scores				LEFT	RIGHT
		Additional Considerations + 1 raised shoulder + 1 abducted shoulder - 1 leaning or supported arm			
Lower Arm Posture Scores				LEFT	RIGHT
		Additional Considerations + 1 if working across the midline of the body or out to the side			
Wrist Posture Scores				LEFT	RIGHT
		Additional Considerations + 1 if wrist is bent away from midline			
Wrist Twist Posture Scores				LEFT	RIGHT
Neck Posture Scores				LEFT	RIGHT
		Additional Considerations + 1 if twisted + 1 if side-bent			
Trunk Posture Scores				LEFT	RIGHT
		Additional Considerations + 1 if twisted + 1 if side-bent			
Leg Posture Scores				LEFT	RIGHT

MUSCLE USE SCORES TABLE

Score	Verbal Anchor / Description
0	• all muscle use not described below
1	• postures that are mainly static (held for longer than one minute) • repetitive use (action is repeated more than 4 times per minute)

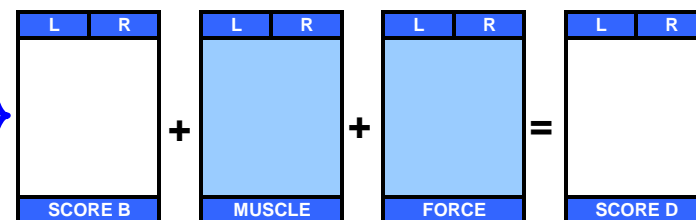
FORCE SCORES TABLE

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	• 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 • weight or forces ≥ 22 lbs (10 kg) and held intermittently
3	• 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



NOTES

L	R
GRAND SCORE	



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

Reference: McAtamney, L., and Corlett, N. (1993). RULA: a survey method for the investigation of work-related upper limb disorders. *Applied Ergonomics*, 24, (2), 91-99.