

RULA worksheet A

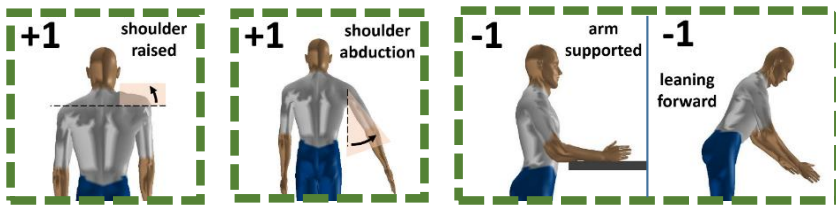
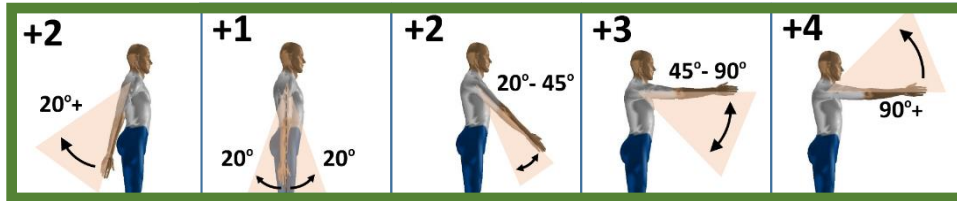
task: _____

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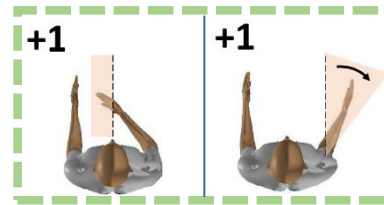
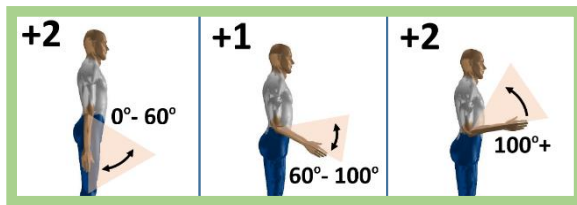


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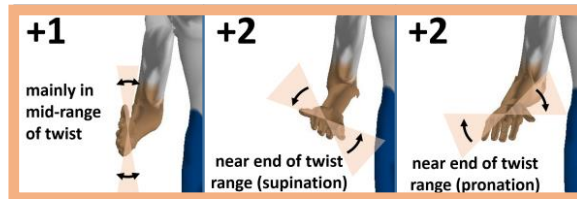
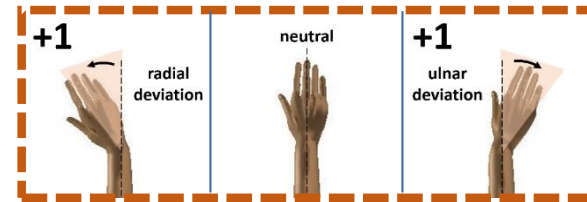
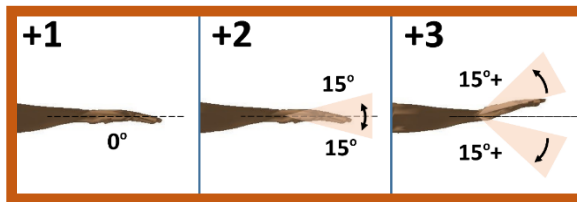
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Upper arm score



Lower arm score



Wrist twist score

Wrist score

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

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 + A2 = A3

RULA worksheet B

task: _____

date: _____



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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 Hip-Trunk angle ≥ 90°
Trunk well supported

+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	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	
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**

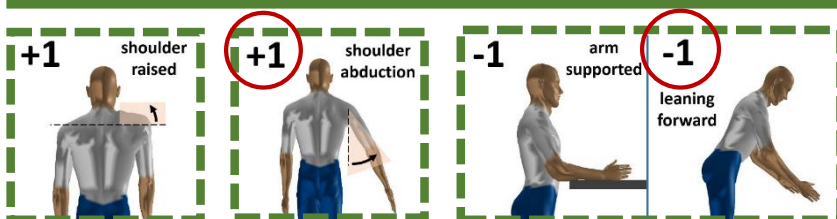
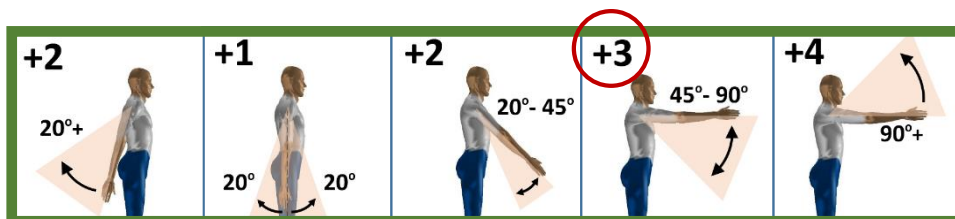
Rapid Upper Limb Assessment (RULA): Basic worksheet instructions



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Step 1: Select only one value from each posture series enclosed by a **solid** border.



Upper
arm
score

3

Step 3: Sum the selected values and record the result.

$$(+3) + (+1) + (-1) = 3$$

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

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

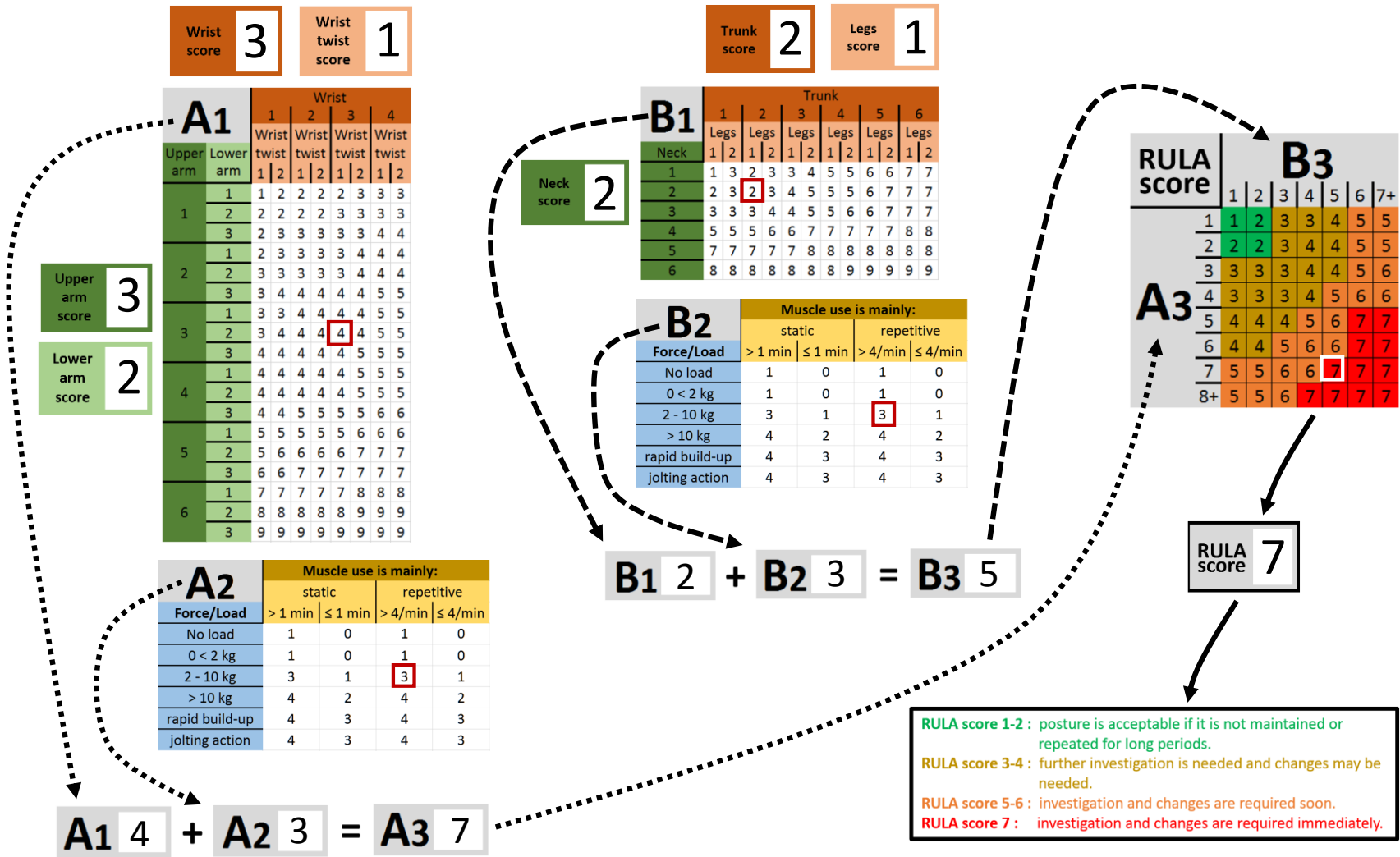
Attention: Before using RULA, you should be familiar with the assessment method described in: *McAtamney, L., & Corlett, E.N. (1993) RULA: a survey method for the investigation of work-related upper limb disorders. Applied Ergonomics, 24(2), 91-99.*

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