

RULA worksheet A

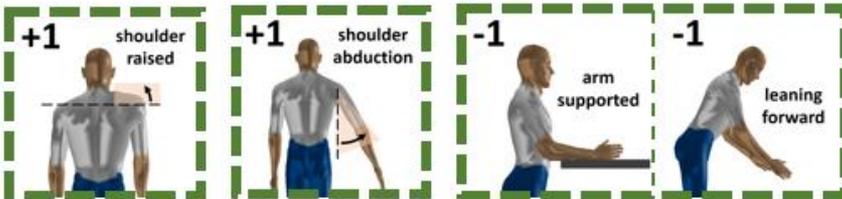
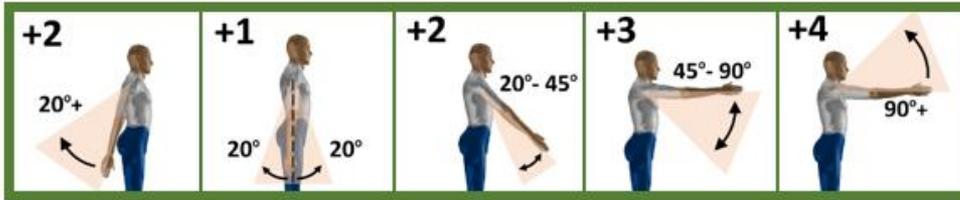
task:
location:

date:
name:

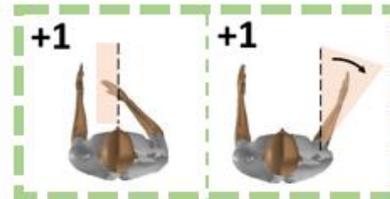
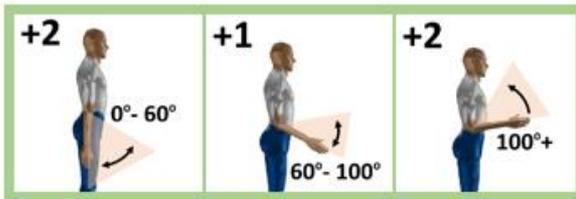


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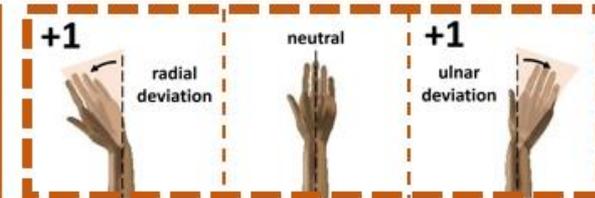
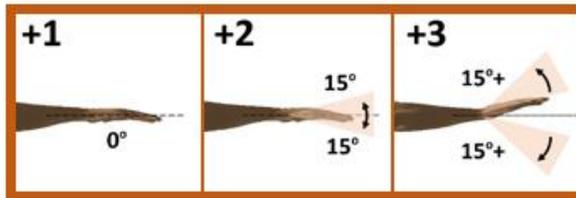
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Upper arm score



Lower arm score



Wrist twist score

Wrist score

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

date:
name:



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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 trunk well supported
hip-trunk angle ≥ 90°

+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: For each posture series enclosed by a thick **solid** border, select one value.

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

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

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

The diagram illustrates the RULA assessment process. It shows two rows of posture illustrations with associated scores. The top row, enclosed in a thick solid green border, contains five postures with scores: +2 (shoulder raised 20°+), +1 (shoulder abduction 20°), +2 (arm supported 20°-45°), +3 (arm supported 45°-90°), and +4 (arm supported 90°+). The bottom row, enclosed in a thick dashed green border, contains three postures with scores: +1 (shoulder raised), +1 (shoulder abduction), and -1 (leaning forward). A final green box on the right indicates the 'Upper arm score' is 3. Red circles highlight the +3, +1, and -1 scores.

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



Occupational Health Clinics for Ontario Workers Inc.

Centres de santé des travailleurs (ses) de l'Ontario Inc.

Wrist score	3	Wrist twist score	1
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A1	Upper arm	Lower arm	Wrist							
			Wrist twist 1		Wrist twist 2		Wrist twist 3		Wrist twist 4	
1	1	2	2	2	2	2	3	3	3	3
2	2	2	2	2	2	2	3	3	3	3
3	2	3	3	3	3	3	3	4	4	4
4	1	2	3	3	3	3	4	4	4	4
5	2	2	3	3	3	3	3	4	4	4
6	3	3	4	4	4	4	4	4	5	5
7	1	3	3	4	4	4	4	4	5	5
8	2	3	4	4	4	4	4	4	5	5
9	3	4	4	4	4	4	4	4	5	5
10	1	4	4	4	4	4	4	4	5	5
11	2	4	4	4	4	4	4	4	5	5
12	3	4	4	4	4	4	4	4	5	5
13	1	5	5	5	5	5	6	6	6	6
14	2	5	6	6	6	6	6	7	7	7
15	3	6	6	6	7	7	7	7	7	7
16	1	7	7	7	7	7	8	8	8	8
17	2	8	8	8	8	8	9	9	9	9
18	3	9	9	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 4 + **A2 3** = **A3 7**

Trunk score	2	Legs score	1
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B1	Neck	Trunk											
		Legs 1		Legs 2		Legs 3		Legs 4		Legs 5		Legs 6	
1	1	2	1	2	1	2	1	2	1	2	1	2	
2	1	3	2	3	3	4	5	5	5	6	6	7	7
3	2	3	3	4	4	5	5	5	6	6	7	7	
4	3	3	3	4	4	5	5	6	6	7	7	7	
5	4	5	5	6	6	7	7	7	7	8	8	8	
6	5	7	7	7	7	8	8	8	8	8	8	8	
7	6	8	8	8	8	8	8	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	
9	8	8	8	8	8	8	8	8	8	8	8	8	
10	8	8	8	8	8	8	8	8	8	8	8	8	
11	8	8	8	8	8	8	8	8	8	8	8	8	
12	8	8	8	8	8	8	8	8	8	8	8	8	
13	8	8	8	8	8	8	8	8	8	8	8	8	
14	8	8	8	8	8	8	8	8	8	8	8	8	
15	8	8	8	8	8	8	8	8	8	8	8	8	
16	8	8	8	8	8	8	8	8	8	8	8	8	
17	8	8	8	8	8	8	8	8	8	8	8	8	
18	8	8	8	8	8	8	8	8	8	8	8	8	
19	8	8	8	8	8	8	8	8	8	8	8	8	
20	8	8	8	8	8	8	8	8	8	8	8	8	
21	8	8	8	8	8	8	8	8	8	8	8	8	
22	8	8	8	8	8	8	8	8	8	8	8	8	
23	8	8	8	8	8	8	8	8	8	8	8	8	
24	8	8	8	8	8	8	8	8	8	8	8	8	
25	8	8	8	8	8	8	8	8	8	8	8	8	
26	8	8	8	8	8	8	8	8	8	8	8	8	
27	8	8	8	8	8	8	8	8	8	8	8	8	
28	8	8	8	8	8	8	8	8	8	8	8	8	
29	8	8	8	8	8	8	8	8	8	8	8	8	
30	8	8	8	8	8	8	8	8	8	8	8	8	
31	8	8	8	8	8	8	8	8	8	8	8	8	
32	8	8	8	8	8	8	8	8	8	8	8	8	
33	8	8	8	8	8	8	8	8	8	8	8	8	
34	8	8	8	8	8	8	8	8	8	8	8	8	
35	8	8	8	8	8	8	8	8	8	8	8	8	
36	8	8	8	8	8	8	8	8	8	8	8	8	
37	8	8	8	8	8	8	8	8	8	8	8	8	
38	8	8	8	8	8	8	8	8	8	8	8	8	
39	8	8	8	8	8	8	8	8	8	8	8	8	
40	8	8	8	8	8	8	8	8	8	8	8	8	
41	8	8	8	8	8	8	8	8	8	8	8	8	
42	8	8	8	8	8	8	8	8	8	8	8	8	
43	8	8	8	8	8	8	8	8	8	8	8	8	
44	8	8	8	8	8	8	8	8	8	8	8	8	
45	8	8	8	8	8	8	8	8	8	8	8	8	
46	8	8	8	8	8	8	8	8	8	8	8	8	
47	8	8	8	8	8	8	8	8	8	8	8	8	
48	8	8	8	8	8	8	8	8	8	8	8	8	
49	8	8	8	8	8	8	8	8	8	8	8	8	
50	8	8	8	8	8	8	8	8	8	8	8	8	
51	8	8	8	8	8	8	8	8	8	8	8	8	
52	8	8	8	8	8	8	8	8	8	8	8	8	
53	8	8	8	8	8	8	8	8	8	8	8	8	
54	8	8	8	8	8	8	8	8	8	8	8	8	
55	8	8	8	8	8	8	8	8	8	8	8	8	
56	8	8	8	8	8	8	8	8	8	8	8	8	
57	8	8	8	8	8	8	8	8	8	8	8	8	
58	8	8	8	8	8	8	8	8	8	8	8	8	
59	8	8	8	8	8	8	8	8	8	8	8	8	
60	8	8	8	8	8	8	8	8	8	8	8	8	
61	8	8	8	8	8	8	8	8	8	8	8	8	
62	8	8	8	8	8	8	8	8	8	8	8	8	
63	8	8	8	8	8	8	8	8	8	8	8	8	
64	8	8	8	8	8	8	8	8	8	8	8	8	
65	8	8	8	8	8	8	8	8	8	8	8	8	
66	8	8	8	8	8	8	8	8	8	8	8	8	
67	8	8	8	8	8	8	8	8	8	8	8	8	
68	8	8	8	8	8	8	8	8	8	8	8	8	
69	8	8	8	8	8	8	8	8	8	8	8	8	
70	8	8	8	8	8	8	8	8	8	8	8	8	
71	8	8	8	8	8	8	8	8	8	8	8	8	
72	8	8	8	8	8	8	8	8	8	8	8	8	
73	8	8	8	8	8	8	8	8	8	8	8	8	
74	8	8	8	8	8	8	8	8	8	8	8	8	
75	8	8	8	8	8	8	8	8	8	8	8	8	
76	8	8	8	8	8	8	8	8	8	8	8	8	
77	8	8	8	8	8	8	8	8	8	8	8	8	
78	8	8	8	8	8	8	8	8	8	8	8	8	
79	8	8	8	8	8	8	8	8	8	8	8	8	
80	8	8	8	8	8	8	8	8	8	8	8	8	
81	8	8	8	8	8	8	8	8	8	8	8	8	
82	8	8	8	8	8	8	8	8	8	8	8	8	
83	8	8	8	8	8	8	8	8	8	8	8	8	
84	8	8	8	8	8	8	8	8	8	8	8	8	
85	8	8	8	8	8	8	8	8	8	8	8	8	
86	8	8	8	8	8	8	8	8	8	8	8	8	
87	8	8	8	8	8	8	8	8	8	8	8	8	
88	8	8	8	8	8	8	8	8	8	8	8	8	
89	8	8	8	8	8	8	8	8	8	8	8	8	
90	8	8	8	8	8	8	8	8	8	8	8	8	
91	8	8	8	8	8	8	8	8	8	8	8	8	
92	8	8	8	8	8	8	8	8	8	8	8	8	
93	8	8	8	8	8	8	8	8	8	8	8	8	
94	8	8	8	8	8	8	8	8	8	8	8	8	
95	8	8	8	8	8	8	8	8	8	8	8	8	
96	8	8	8	8	8	8	8	8	8	8	8	8	
97	8	8	8	8	8	8	8	8	8	8	8	8	
98	8	8	8	8	8	8	8	8	8	8	8	8	
99	8	8	8	8	8	8	8	8	8	8	8	8	
100	8	8	8	8	8	8	8	8	8	8	8	8	

B1 2 + **B2 3** = **B3 5**

Upper arm score	3	Lower arm score	2
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A3	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	4	5	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.

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.*