

RULA Employee Assessment Worksheet

Task Name:

Date:

A. Arm and Wrist Analysis

Step 1: Locate Upper Arm Position:



Step 1a: Adjust...
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1

3
Upper Arm Score

Step 2: Locate Lower Arm Position:



Step 2a: Adjust...
If either arm is working across midline or out to side of body: Add +1

2
Lower Arm Score

Step 3: Locate Wrist Position:



Step 3a: Adjust...
If wrist is bent from midline: Add +1

1
Wrist Twist Score

Step 4: Wrist Twist:

If wrist is twisted in mid-range: +1
If wrist is at or near end of range: +2

4
Wrist Score

Step 5: Look-up Posture Score in Table A:

Using values from steps 1-4 above, locate score in Table A

5
Posture Score A

Step 6: Add Muscle Use Score

If posture mainly static (i.e. held >1 minute),
Or if action repeated occurs 4X per minute: +1

0
Muscle Use Score

Step 7: Add Force/Load Score

If load < .4.4 lbs. (intermittent): +0
If load 4.4 to 22 lbs. (intermittent): +1
If load 4.4 to 22 lbs. (static or repeated): +2
If more than 22 lbs. or repeated or shocks: +3

2
Force / Load Score

Step 8: Find Row in Table C

Add values from steps 5-7 to obtain Wrist and Arm Score. Find row in Table C.

7
Wrist & Arm Score

Scores

Table A		Wrist Score			
		1	2	3	4
Upper Arm	Lower Arm	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist
		1 2 1 2 1 2 1 2	2 1 2 2 2 2 3 3 3 3	3 2 3 3 3 3 3 4 4 4	4 1 2 3 3 3 3 4 4 4
1	2	3	4	5	6
2	3	4	5	6	7
3	4	5	6	7	8
4	5	6	7	8	9
5	6	7	8	9	9
6	7	8	9	9	9

Table C	Neck, Trunk, Leg Score					
	1	2	3	4	5	6
1	1	2	3	4	5	6
2	2	3	4	5	6	7
3	3	4	5	6	7	8
4	4	5	6	7	8	9
5	5	6	7	8	9	9
6	6	7	8	9	9	9
7	7	8	9	9	9	9
8+	8	9	9	9	9	9

Scoring (final score from Table C)
1-2 = acceptable posture
3-4 = further investigation, change may be needed
5-6 = further investigation, change soon
7 = investigate and implement change

7
RULA Score

B. Neck, Trunk and Leg Analysis

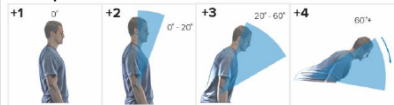
Step 9: Locate Neck Position:



Step 9a: Adjust...
If neck is twisted: +1
If neck is side bending: +1

4
Neck Score

Step 10: Locate Trunk Position:



Step 10a: Adjust...
If trunk is twisted: +1
If trunk is side bending: +1

4
Trunk Score

Step 11: Legs:

If legs and feet are supported: +1
If not: +2

1
Leg Score

Neck Posture Score	Table B: Trunk Posture Score					
	1	2	3	4	5	6
1	1	2	3	4	5	6
2	2	3	4	5	6	7
3	3	4	5	6	7	8
4	4	5	6	7	8	9
5	5	6	7	8	9	9
6	6	7	8	9	9	9

Step 12: Look-up Posture Score in Table B:

Using values from steps 9-11 above, locate score in Table B

7
Posture B Score

Step 13: Add Muscle Use Score

If posture mainly static (i.e. held >1 minute),
Or if action repeated occurs 4X per minute: +1

0
Muscle Use Score

Step 14: Add Force/Load Score

If load < .4.4 lbs. (intermittent): +0
If load 4.4 to 22 lbs. (intermittent): +1
If load 4.4 to 22 lbs. (static or repeated): +2
If more than 22 lbs. or repeated or shocks: +3

2
Force / Load Score

Step 15: Find Column in Table C

Add values from steps 12-14 to obtain Neck, Trunk and Leg Score. Find Column in Table C.

9
Neck, Trunk, Leg Score

based on RULA: a survey method for the investigation of work-related upper limb disorders, McAtamney & Corlett, Applied Ergonomics 1993, 24(2), 91-99

(Sumber : Hignett, S., McAtamney, L., 2000)

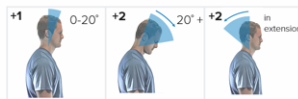
REBA Employee Assessment Worksheet

Task Name:

Date:

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position



Step 1a: Adjust...
If neck is twisted: +1
If neck is side bending: +1

2
Neck Score

Step 2: Locate Trunk Position



Step 2a: Adjust...
If trunk is twisted: +1
If trunk is side bending: +1

4
Trunk Score

Step 3: Legs



Step 4: Look-up Posture Score in Table A
Using values from steps 1-3 above,
Locate score in Table A

6
Posture Score A

Step 5: Add Force/Load Score

If load < 11 lbs.: +0
If load 11 to 22 lbs.: +1
If load > 22 lbs.: +2

Adjust: If shock or rapid build up of force: add +1

Force / Load Score

Step 6: Score A, Find Row in Table C

Add values from steps 4 & 5 to obtain Score A.
Find Row in Table C.

7
Score A

Scoring

- 1 = Negligible Risk
- 2-3 = Low Risk. Change may be needed.
- 4-7 = Medium Risk. Further Investigate. Change Soon.
- 8-10 = High Risk. Investigate and Implement Change
- 11+ = Very High Risk. Implement Change

Scores

Table A		Neck											
		1				2				3			
Legs		1	2	3	4	1	2	3	4	1	2	3	4
Trunk Posture Score	1	1	2	3	4	1	2	3	4	3	3	5	6
	2	2	3	4	5	3	4	5	6	4	5	6	7
	3	2	4	5	6	4	5	6	7	5	6	7	8
	4	3	5	6	7	5	6	7	8	6	7	8	9
5		4	6	7	8	6	7	8	9	7	8	9	9

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:



Step 7a: Adjust...
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1

3
Upper Arm Score

Step 8: Locate Lower Arm Position:



1
Lower Arm Score

Step 9: Locate Wrist Position:



Step 9a: Adjust...
If wrist is bent from midline or twisted: Add +1

3
Wrist Score

Step 10: Look-up Posture Score in Table B

Using values from steps 7-9 above, locate score in Table B

5
Posture Score B

Step 11: Add Coupling Score

Well fitting Handle and mid range power grip, **good: +0**
Acceptable but not ideal hand hold or coupling acceptable with another body part, **fair: +1**
Hand hold not acceptable but possible, **poor: +2**
No handles, awkward, unsafe with any body part, **unacceptable: +3**

3
Coupling Score

Step 12: Score B, Find Column in Table C

Add values from steps 10 & 11 to obtain Score B. Find column in Table C and match with Score A in row from step 6 to obtain Table C Score.

8
Score B

Step 13: Activity Score

+1 1 or more body parts are held for longer than 1 minute (static)
+1 Repeated small range actions (more than 4x per minute)
+1 Action causes rapid large range changes in postures or unstable base

10 + 1 = 11
Table C Score Activity Score REBA Score