Appendix C

RULA Employee Assessment Worksheet

A. Arm and Wrist Analysis
Step 1: Locate Upper Arm Position:
- If the arm is positioned in a relaxed position, score 1.
- If the arm is in a raised position, score 2.
- If the arm is in a lifted position, score 3.
- If the arm is in a horizontal position, score 4.

Step 2: Locate Lower Arm Position:
- If the lower arm is extended, score 1.
- If the lower arm is bent, score 2.

Step 3: Locate Wrist Position:
- If the wrist is at the side of the body, score 1.
- If the wrist is bent towards the midline, score 2.

Step 4: Wrist Twist:
- If the wrist is twisted in the mid-range, score 1.
- If the wrist is twisted at the ends, score 2.

Step 5: Look-up Posture Score in Table A:
Using values from steps 1-4 above, locate score in Table A.

Step 6: Add Muscle Use Score
- If posture mainly static (i.e., held for 10 minutes), score 1.
- If posture involves repeated action, score 2.

Step 7: Add Force/Load Score
- If load < 4.4 lbs (intermittent), score 0.
- If load 4.4 to 22 lbs (intermittent), score 1.
- If load > 22 lbs (static or repeated), score 2.
- If more than 22 lbs, or repeated or shock, score 3.

Step 8: Find Row in Table C
Add values from steps 5-7 to obtain Wrist & Arm Score. Find row in Table C.

B. Neck, Trunk, and Leg Analysis
Step 9: Locate Neck Position:
- If the neck is straight, score 1.
- If the neck is twisted, score 2.

Step 10: Locate Trunk Position:
- If the trunk is straight, score 1.
- If the trunk is twisted, score 2.

Step 11: Legs:
- If the legs are supported, score 1.
- If not supported, score 2.

Step 12: Look-up Posture Score in Table B:
Using values from steps 9-11 above, locate score in Table B.

Step 13: Add Muscle Use Score
- If posture mainly static (i.e., held for 10 minutes), score 1.
- If posture involves repeated action, score 2.

Step 14: Add Force/Load Score
- If load < 4.4 lbs (intermittent), score 0.
- If load 4.4 to 22 lbs (intermittent), score 1.
- If load 4.4 to 22 lbs (static or repeated), score 2.
- If more than 22 lbs, or repeated or shock, score 3.

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.