### RAPID UPPER LIMB ASSESSMENT

**Right Side:**

- **Right Upper Arm:**
  - Shoulder is raised
  - Upper arm is abducted
  - Leaning or supporting the weight of the arm

- **Right Lower Arm:**
  - Working across the midline of the body or out to the side

- **Right Wrist:**
  - Wrist is bent away from midline

- **Right Wrist Twist:**
  - Force & Load for the Right Hand Side
  - SELECT ONLY ONE OF THESE:
    - No resistance
    - less than 2kg intermittent load or force
    - 2–10kg intermittent load or force
    - 2–10kg static load
    - 2–10kg repeated loads or forces
    - 10kg or more intermittent load or force
    - 10kg static load
    - 10kg repeated loads or forces
    - Shock or forces with rapid build-up

**Muscle Use:**
- Posture is mainly static, e.g. held for longer than 1 minute or repeated more than 4 times per minute

### Left Side:

- **Left Upper Arm:**
  - Shoulder is raised
  - Upper arm is abducted
  - Leaning or supporting the weight of the arm

- **Left Lower Arm:**
  - Working across the midline of the body or out to the side

- **Left Wrist:**
  - Wrist is bent away from midline

- **Left Wrist Twist:**
  - Force & Load for the Right Hand Side
  - SELECT ONLY ONE OF THESE:
    - No resistance
    - less than 2kg intermittent load or force
    - 2–10kg intermittent load or force
    - 2–10kg static load
    - 2–10kg repeated loads or forces
    - 10kg or more intermittent load or force
    - 10kg static load
    - 10kg repeated loads or forces
    - Shock or forces with rapid build-up

**Muscle Use:**
- Posture is mainly static, e.g. held for longer than 1 minute or repeated more than 4 times per minute

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<th>Neck</th>
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### Force & Load for the neck, trunk and legs

**SELECT ONLY ONE OF THESE:**
- No resistance
- less than 2kg intermittent load or force
- 2–10kg intermittent load or force
- 2–10kg static load
- 2–10kg repeated loads or forces
- 10kg or more intermittent load or force
- 10kg static load
- 10kg repeated loads or forces
- Shock or forces with rapid build-up

### Muscle Use

- Posture is mainly static, e.g. held for longer than 1 minute or repeated more than 4 times per minute

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Whilst COPE Occupational Health and Ergonomic Services Ltd (COPE) and Osmond Group Limited (Osmond) have taken every care in preparing this resource, it must be used according to the guidelines based on the original article* by Prof E.N. Corlett and Dr L. McAtamney.

No responsibility will be taken by COPE or Osmond in the use of this resource.

RULA provides a score of a snapshot of the activity as part of a rapid screening tool. The user should refer to the original article* to check the detail of the scoring and correct use of RULA scores. Further investigation and actions may be required.

For further information on methodology, please refer to our on-line guidance at [www.rula.co.uk](http://www.rula.co.uk) or refer to:
