

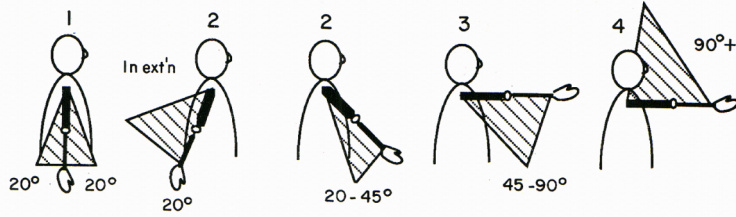
# Assessment Tools - Practical

## RULA – Rapid Upper Limb Assessment

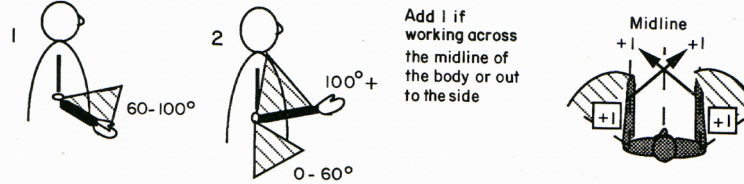
A tool for assessing the risk of upper limb disorders.

**Upper arms**

Add 1 if shoulder is raised  
 Add 1 if upper arm is abducted  
 Subtract 1 if leaning or supporting the weight of the arm

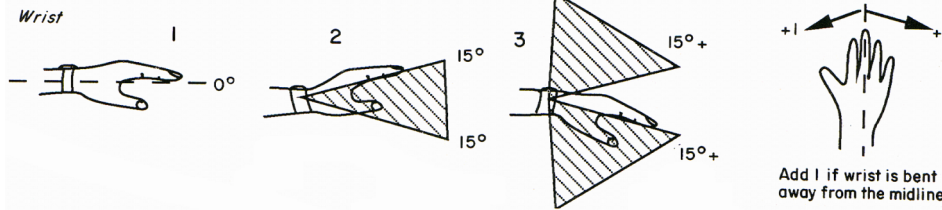


**Lower arms**



Add 1 if working across the midline of the body or out to the side

**Wrist**



Add 1 if wrist is bent away from the midline

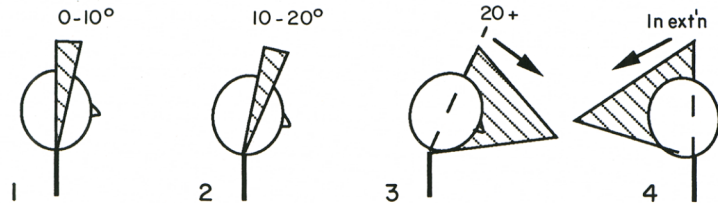
**Wrist twist**

1 Mainly in mid-range of twist      2 At or near the end of twisting range

**RULA: a survey method for the investigation of work-related upper limb disorders**

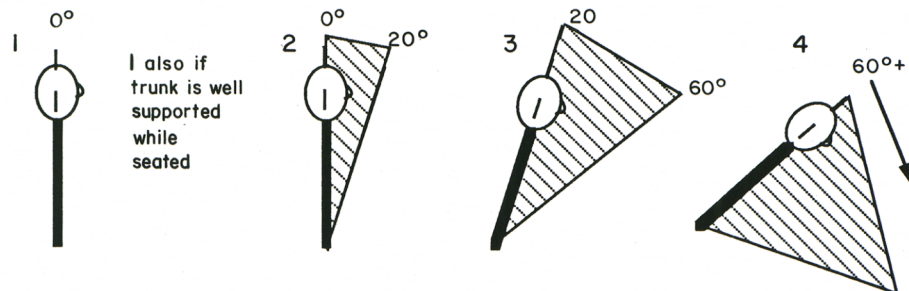
**Neck**

Add 1 if the neck is twisting  
 Add 1 if neck is side-bending



**Trunk**

Add 1 if trunk is twisting  
 Add 1 if trunk is side-bending



**Legs**

1 if legs and feet are well supported and in an evenly balanced posture      2 if not

**Table 1 Table A into which the individual posture scores for the upper limbs are entered to find posture score A**

| Upper arm | Lower arm | Wrist posture score |            |            |            |            |            |            |            |
|-----------|-----------|---------------------|------------|------------|------------|------------|------------|------------|------------|
|           |           | 1                   |            | 2          |            | 3          |            | 4          |            |
|           |           | W. twist 1          | W. twist 2 | W. twist 1 | W. twist 2 | W. twist 1 | W. twist 2 | W. twist 1 | W. twist 2 |
| 1         | 1         | 1                   | 2          | 2          | 2          | 2          | 3          | 3          | 3          |
|           | 2         | 2                   | 2          | 2          | 2          | 3          | 3          | 3          | 3          |
|           | 3         | 2                   | 3          | 3          | 3          | 3          | 3          | 4          | 4          |
| 2         | 1         | 2                   | 3          | 3          | 3          | 3          | 4          | 4          | 4          |
|           | 2         | 3                   | 3          | 3          | 3          | 3          | 4          | 4          | 4          |
|           | 3         | 3                   | 4          | 4          | 4          | 4          | 4          | 5          | 5          |
| 3         | 1         | 3                   | 3          | 4          | 4          | 4          | 4          | 5          | 5          |
|           | 2         | 3                   | 4          | 4          | 4          | 4          | 4          | 5          | 5          |
|           | 3         | 4                   | 4          | 4          | 4          | 4          | 5          | 5          | 5          |
| 4         | 1         | 4                   | 4          | 4          | 4          | 4          | 5          | 5          | 5          |
|           | 2         | 4                   | 4          | 4          | 4          | 4          | 5          | 5          | 5          |
|           | 3         | 4                   | 4          | 4          | 5          | 5          | 5          | 6          | 6          |
| 5         | 1         | 5                   | 5          | 5          | 5          | 5          | 6          | 6          | 7          |
|           | 2         | 5                   | 6          | 6          | 6          | 6          | 7          | 7          | 7          |
|           | 3         | 6                   | 6          | 6          | 7          | 7          | 7          | 7          | 8          |
| 6         | 1         | 7                   | 7          | 7          | 7          | 7          | 8          | 8          | 9          |
|           | 2         | 8                   | 8          | 8          | 8          | 8          | 9          | 9          | 9          |
|           | 3         | 9                   | 9          | 9          | 9          | 9          | 9          | 9          | 9          |

**Table 2 Table B into which the individual posture scores for the neck, trunk and legs are entered to find posture score B**

| Neck posture score | Trunk posture score |   |      |   |      |   |      |   |      |   |      |   |
|--------------------|---------------------|---|------|---|------|---|------|---|------|---|------|---|
|                    | 1                   |   | 2    |   | 3    |   | 4    |   | 5    |   | 6    |   |
|                    | Legs                |   | Legs |   | Legs |   | Legs |   | Legs |   | Legs |   |
|                    | 1                   | 2 | 1    | 2 | 1    | 2 | 1    | 2 | 1    | 2 | 1    | 2 |
| 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 |

Give a score of 1 if the posture is :

- mainly static, eg held for longer than 1 min
- repeated more than 4 times / min

**Figure 4 The muscle use scores which are added to posture score A and B**

|   |  |  |   |
|---|--|--|---|
| <p>0</p> <ul style="list-style-type: none"> <li>● No resistance or less than 2 kg intermittent load or force</li> </ul> | <p>1</p> <ul style="list-style-type: none"> <li>● 2- 10 kg intermittent load or force</li> </ul> | <p>2</p> <ul style="list-style-type: none"> <li>● 2-10kg static load</li> <li>● 2-10kg repeated load or force</li> </ul> | <p>3</p> <ul style="list-style-type: none"> <li>● 10kg or more static load</li> <li>● 10kg or more repeated loads or forces</li> <li>● Shock or forces with a rapid build-up</li> </ul> |
|---|--|--|---|

**Figure 5 The force or load score which is added to posture score A and B**

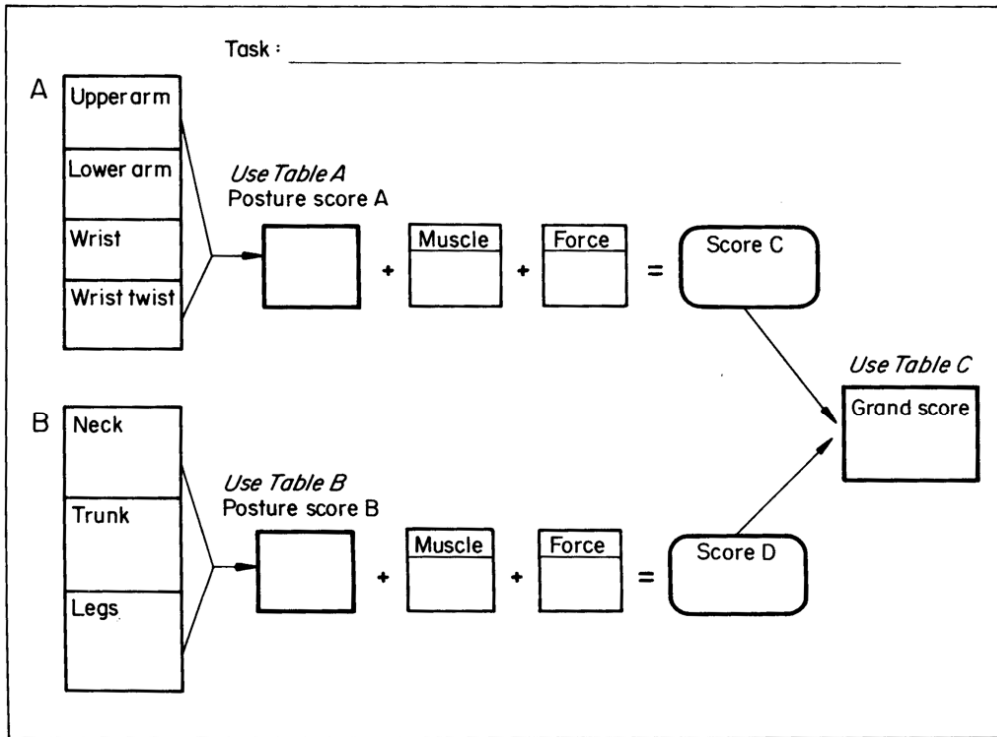


Figure 3 The RULA scoring sheet

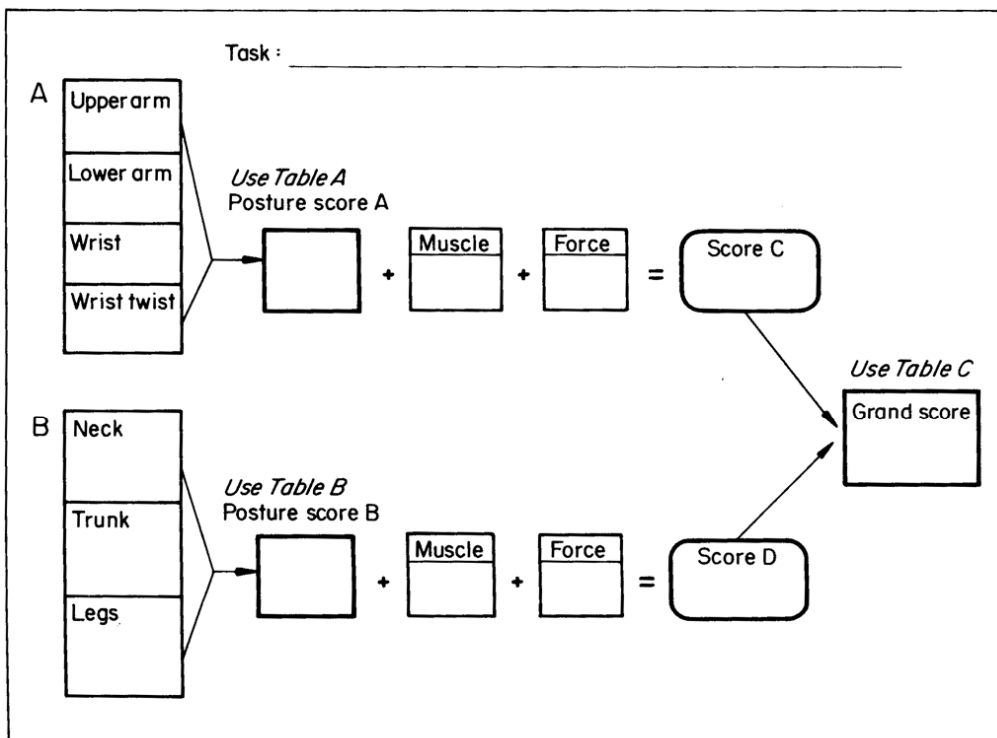


Figure 3 The RULA scoring sheet

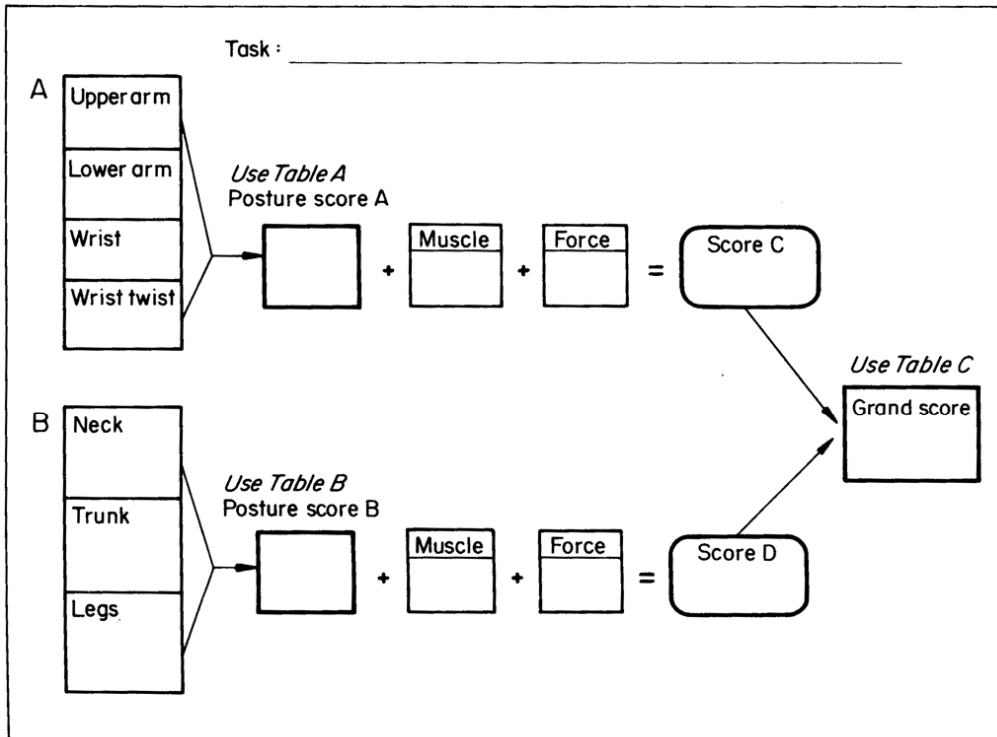


Figure 3 The RULA scoring sheet

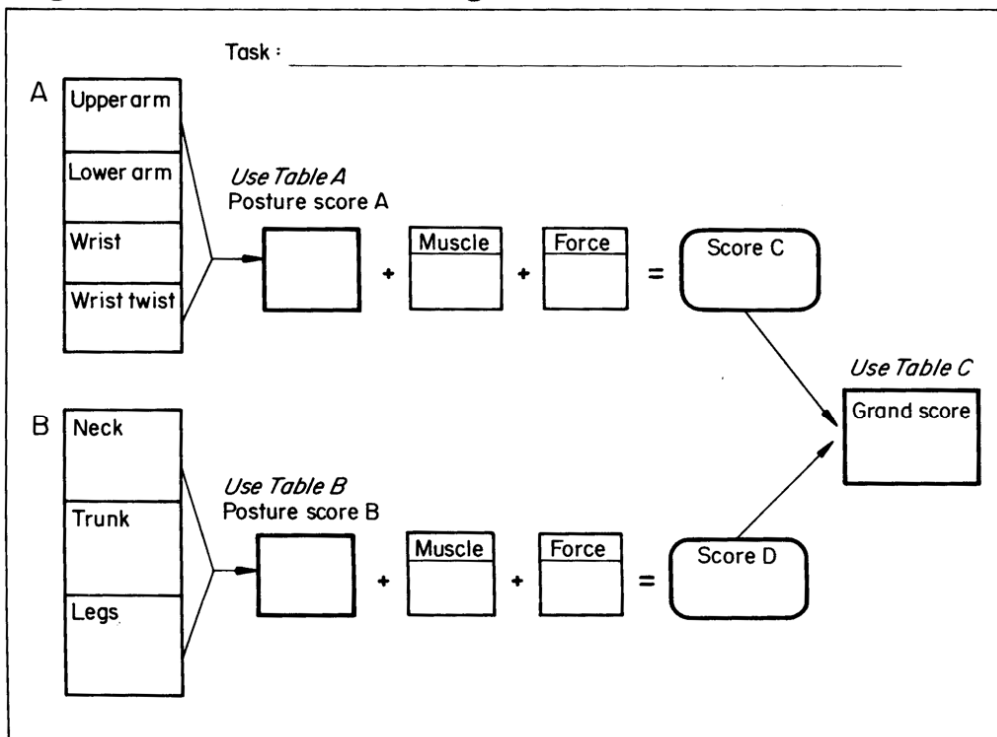


Figure 3 The RULA scoring sheet

Score D (neck, trunk, leg)

|                      |   | 1 | 2 | 3 | 4 | 5 | 6 | 7+ |
|----------------------|---|---|---|---|---|---|---|----|
| Score C (upper limb) | 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  |

Figure 6 Table C into which score C (posture score A plus the muscle use score and the force or load score) and score D (posture score B plus the muscle use score and the force or load score) are entered to find the grand score

This defines “action levels”

## **RULA Action Levels**

Level 1 – A score of 1 or 2 indicates that posture is acceptable if it is not maintained or repeated for long periods.

Level 2 – A score of 3 or 4 indicates that further investigation is needed and changes may be required

Level 3 – A score of 5 or 6 indicates that investigation and changes are required soon

Level 4 – A score of 7 indicates that investigation and changes are required immediately