A. Arm and Wrist Analysis

Step 1: Locate Upper Arm Position:

+1 +2 +2 +3 +4
20° 20° in extension 20° 20-45° 45-90° 90°-
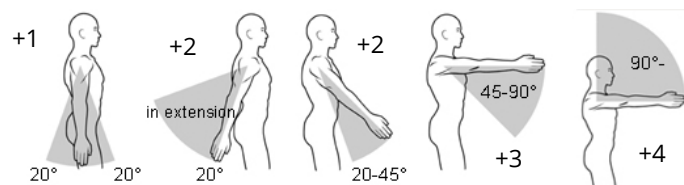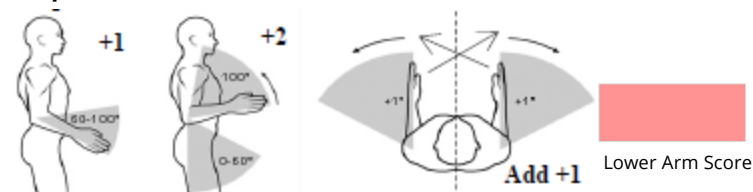
Step 1a: Adjust…
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1

Upper Arm Score

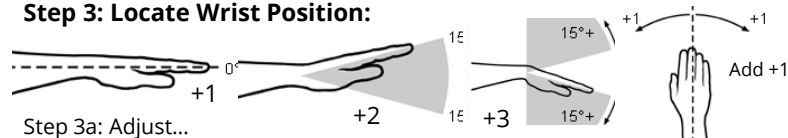### Step 2: Locate Lower Arm Position:

+1 +2 Add +1

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

Lower Arm Score

Step 3: Locate Wrist Position:

+1 +2 +3 Add +1

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

Step 4: Wrist Twist:
If wrist is twisted in mid-range: +1
If wrist is at or near end of range: +2

Wrist Twist Score Wrist Score

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

Posture Score A
+

Step 6: Add Muscle Use Score
If posture mainly static (i.e. held>10 minutes),
Or if action repeated occurs 4X per minute: +1

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

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**.

Wrist & Arm Score

Scores

Table A

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

Table C

Wrist / Arm Score	Neck, Trunk, Leg Score 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

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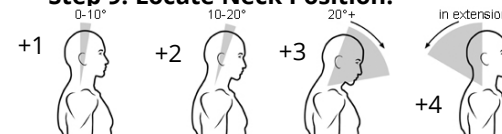3-4 = further investigation, change may be needed
5-6 = further investigation, change soon
7 = investigate and implement change

RULA Score

B. Neck, Trunk and Leg Analysis
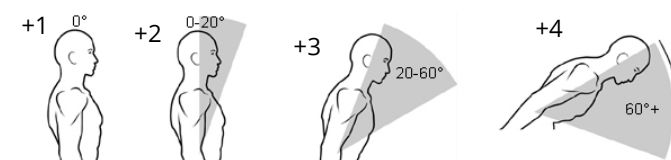
Step 9: Locate Neck Position:

+1 +2 +3 +4
0-10° 10-20° 20°+ in extension

Neck Score

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

Step 10: Locate Trunk Position:

+1 +2 +3 +4
0° 0-20° 20-60° 60°+

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

Trunk Score

Step 11: Legs:
If legs and feet are supported: +1
If not: +2

Leg Score

Table B: Trunk Posture Score

Neck Posture Score	Legs 1 (Trunk 1)	Legs 2 (Trunk 1)	Legs 1 (Trunk 2)	Legs 2 (Trunk 2)	Legs 1 (Trunk 3)	Legs 2 (Trunk 3)	Legs 1 (Trunk 4)	Legs 2 (Trunk 4)	Legs 1 (Trunk 5)	Legs 2 (Trunk 5)	Legs 1 (Trunk 6)	Legs 2 (Trunk 6)
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

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

Posture B Score
+

Step 13: Add Muscle Use Score
If posture mainly static (i.e. held>10 minutes),
Or if action repeated occurs 4X per minute: +1

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

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**.

Neck, Trunk, Leg Score