Office discomfort often starts small—tight shoulders, sore wrists, a stiff neck. But over time, these symptoms can signal deeper ergonomic risks. That’s where the ROSA Assessment comes in. Short **for Rapid Office Strain Assessment,** ROSA is a practical, picture-based tool that evaluates the setup of a worker’s desk and ranks their risk of injury. Whether you're looking to prioritize improvements or validate changes after an intervention, ROSA helps make ergonomic risk visible, measurable, and actionable.

What is the ROSA Assessment?‍

ROSA is a scoring system that breaks down office ergonomics into three main sections:

* A: Chair Setup – covering height, seat pan, armrests, and back support
* B: Monitor and Phone Use – screen position, phone placement, and neck posture
* C: Keyboard and Mouse Use – alignment, hand position, and support

Each section scores posture and duration. The more time someone spends in a risky position, the higher the score—and the higher the risk.

How Scoring Works‍

Each subsection (like seat height or keyboard angle) is scored from 1 (low risk) to 3 (high risk), with additional points added based on factors like poor adjustability or awkward positioning. Duration plays a major role: working in an uncomfortable posture for hours at a time adds to the score.

ROSA’s final output is a numerical score from 1 to 10+:

* 1–3: Low risk
* 4–5: Moderate risk (some changes needed)
* 6 or higher: High risk (immediate action required)

In the video example, the workstation scored a 9, meaning the setup needed urgent improvements.

Why ROSA Is Useful‍

ROSA serves two purposes:

1. Ranking Risk – so safety pros know where to start.
2. Validating Changes – by showing how scores improve after interventions.

It’s great for benchmarking ergonomic risk across multiple office setups and identifying the most impactful upgrades, like swapping out a non-adjustable chair or adding a palm rest.

But ROSA Can Be Time-Consuming‍

Manual ROSA assessments require time, paper forms, and subjective evaluations. They work—but in fast-paced environments or large-scale assessments, they’re hard to scale.

How TuMeke Makes It Easier‍

With AI-powered tools like TuMeke, you don’t need to fill out worksheets manually. Just record a short video of someone at their desk, and TuMeke’s computer vision technology does the rest. It identifies posture issues, scores ergonomic risk by body region, and creates audit-ready reports—all in seconds.

Final Thought

‍ROSA is a valuable tool to understand ergonomic exposure in office settings. And now, AI can take it to the next level. Want to get started? Explore how [TuMeke helps you assess, score, and fix office risk](https://www.tumeke.io/updates/revolutionizing-office-ergonomics-assessments-with-computer-vision-and-ai)—without the clipboard.