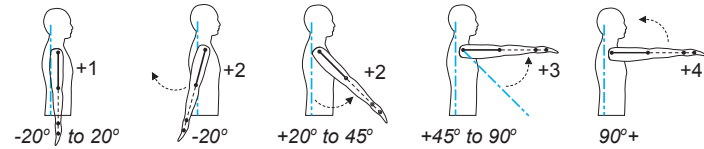


TABLE A - Arm & Wrist Analysis

Step 1: Locate Upper Arm Position

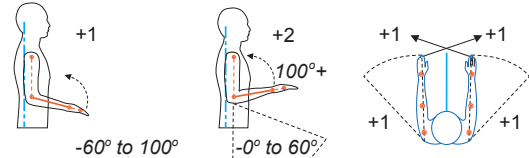


Step 1a: Adjust...

- If shoulder is raised: +1;
- If upper arm is abducted: +1;
- If arm is supported or person is leaning: -1

1. Final Upper Arm Score =

Step 2: Locate Lower Arm Position

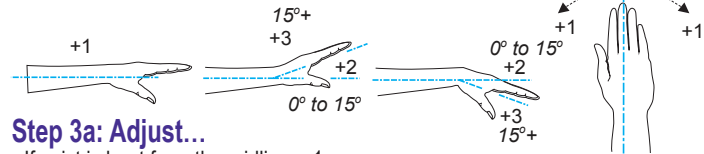


Step 2a: Adjust...

- If arm is working across midline of the body: +1;
- If arm out to side of body: +1

2. Final Lower Arm Score =

Step 3: Locate Wrist Position



Step 3a: Adjust...

- If wrist is bent from the midline: +1

4. Wrist Twist Score =

Step 4: Wrist Twist

- If wrist is twisted in mid-range =1;
- If twist at or near end of range = 2

5. Posture Score A =

Step 5: Look-up Posture Score in TABLE A

- Use values from steps 1,2,3 & 4 to locate Posture Score in table A

Step 6: Add Muscle Use Score

- If posture mainly static (i.e. held for longer than 1 minute) or;
- If action repeatedly occurs 4 times per minute or more: +1

6. Muscle Use Score =

Step 7: Add Force/load Score

- If load less than 2 kg (intermittent): +0;
- If 2 kg to 10 kg (intermittent): +1;
- If 2 kg to 10 kg (static or repeated): +2;
- If more than 10 kg load or repeated or shocks: +3

7. Force/load Score =

TABLE C - Step 8: Find Row in Table C

- The completed score from the Arm/wrist analysis is used to find the row on Table C

8. Final Wrist & Arm Score =

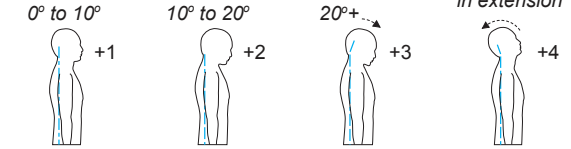
UPPER ARM	LOWER ARM	WRIST							
		1		2		3		4	
		Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist	Wrist Twist
1	1	1	2	1	2	1	2	1	2
1	2	1	2	2	2	2	3	3	3
1	3	2	3	2	3	3	3	4	4
2	1	2	2	2	3	3	3	4	4
2	2	2	2	2	3	3	3	4	4
2	3	2	3	3	3	3	4	4	5
3	1	2	3	3	3	4	4	5	5
3	2	2	3	3	3	4	4	5	5
3	3	2	3	3	4	4	4	5	5
4	1	3	4	4	4	4	4	5	5
4	2	3	4	4	4	4	4	5	5
4	3	3	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	7	8	8	8	8	9	9	9
6	3	9	9	9	9	9	9	9	9

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

	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

TABLE B - Neck, Trunk & Leg Analysis

Step 9: Locate Neck Position

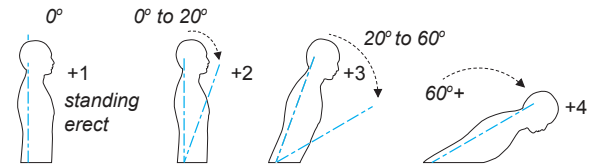


9. Final Neck Score =

Step 9a: Adjust...

- If neck is twisted: +1; If neck is side-bending: +1

Step 10: Locate Trunk Position



1 also if trunk is well supported while seated; 2 if not

= 10. Final Trunk Score

= 11. Final Leg Score

= 12. Posture Score

+

= 13. Muscle Use Score

+

= 14. Force/load Score

=

= 15. Final Neck, Trunk & Leg Score

- If load less than 2 kg (intermittent): +0;
- If 2 kg to 10 kg (intermittent): +1;
- If 2 kg to 10 kg (static or repeated): +2;
- If more than 10 kg load or repeated or shocks: +3

FINAL SCORE

Step 10a: Adjust...

- If trunk is twisted: +1; If trunk is side-bending: +1

Step 11: Legs

- If legs & feet supported and balanced: +1;
- If not: +2

Step 12: Look-up Posture Score in TABLE B

- Use values from steps 9, 10 & 11 to locate Posture Score in Table B

Step 13: Add Muscle Use Score

- If posture mainly static or;
- If action 4/minute or more: +1

Step 14: Add Force/load Score

- If load less than 2 kg (intermittent): +0;
- If 2 kg to 10 kg (intermittent): +1;
- If 2 kg to 10 kg (static or repeated): +2;
- If more than 10 kg load or repeated or shocks: +3

Step 15: Find Column in TABLE C

• If load less than 2 kg (intermittent): +0; • If 2 kg to 10 kg (intermittent): +1; • If 2 kg to 10 kg (static or repeated): +2; • If more than 10 kg load or repeated or shocks: +3

SUBJECT: _____

COMPANY: _____

DEPARTMENT: _____

SCORER: _____ **DATE:** _____