### TABLE A - Arm & Wrist Analysis

**Step 1:** Locate Upper Arm Position
- If shoulder is raised: +1;
- If arm is abducted: +1;
- If arm is supported or person is leaning: -1

**Step 2:** Locate Lower Arm Position
- If arm is working across midline of the body: +1;
- If arm out to side of body: +1

**Step 3:** Locate Wrist Position
- If wrist is twisted in mid-range = 1;
- If wrist is bent from the midline: +1

**Step 4:** Wrist Twist
- If wrist is twisted in mid-range = 1;
- If wrist is bent from the midline: +1

**Step 5:** Look-up Posture Score in TABLE A
- If posture mainly static (i.e. held for longer than 1 minute) or;
- If legs & feet supported and balanced: +1;
- If trunk is twisted: +1; If trunk is side-bending: +1

**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

**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

**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

**Final Wrist & Arm Score =**

### TABLE B - Neck, Trunk & Leg Analysis

**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

**Step 8:** Find Row in Table C
- The completed score from the Arm/wrist analysis is used to find the row on Table C

**Final Wrist & Arm Score =**

### RULA Employee Assessment Worksheet