Rapid Upper Limb Assessment (RULA)

A screening tool developed to address musculoskeletal disorders

Focuses on:
- Arms
- Wrists
- Neck
- Trunk
- Legs

Upper Arm Position
(Table A)

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

Lower Arm Position
(Table A)
Lower Arm Position Adjustment
(Table A)
If arm is working across midline of body: + 1
If arm is out to side of body: + 1

Wrist Position
(Table A)
Step 3: Locate Wrist Position

Lower Arm Position Adjustment

Wrist Twist
(Table A)
If wrist is twisted mainly in mid-range = 1
If wrist twists near end of range: = 2

Extremity Posture Score
Use values of upper arm, lower arm, wrist posture and wrist twist to get the extremity score from Table A.

Muscle Use Score for Arm and Wrist
If posture is mainly static (held > 1 min.)
or If action repeatedly occurs (4/min. or more)
Add +1 to the Posture Score
**Force/Load Score**

No resistance or < 5 lb. (intermittent): 0
Load of 5-20 lb (intermittent): +1
Load of 5 – 20 lb (static or repeated): +2
Load > 20 lb (static or repeated, shock, or forces with rapid build-up):

**Total Upper Extremity Score**

Use the value from Table A, plus the muscle use and force/load scores to determine the row in Table C

**RULA Table C**

<table>
<thead>
<tr>
<th>Neck/Trunk/Leg Score</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7+</th>
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<tbody>
<tr>
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</tbody>
</table>

**Neck Position**

(Table B)

If neck is twisted: +1
If neck is bent to the side: +1

**Neck Position Adjustment**

(Table B)
**Trunk Position**  
*Table B*

- If trunk is supported while seated:  1
- If trunk is not supported while seated:  2

**Trunk Position Adjustment**  
*Table B*

- If trunk is twisted:  +1
- If trunk is bent sideways:  +1

**Leg Score**  
*Table B*

- If legs / feet are supported and balanced = 1
- If legs / feet are not supported and balanced = 2

**Neck, Trunk and Leg Posture Score**

Use values of neck, trunk and leg postures to get the extremity score from Table B

**RULA Table B**

<table>
<thead>
<tr>
<th>Neck Posture Score</th>
<th>Trunk Posture Score</th>
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</thead>
<tbody>
<tr>
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<tr>
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<td>1 1 2 3 4 5 6 7</td>
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<td>1 1 2 3 4 5 6 7</td>
</tr>
<tr>
<td>5</td>
<td>1 1 2 3 4 5 6 7</td>
</tr>
</tbody>
</table>

**Muscle Use Score for Neck, Trunk and Legs**

- If posture is mainly static (held > 1 min.)  
  or
- If action repeatedly occurs (4 / min. or more)

  Add +1 to the Posture Score
**Force/Load Score for Neck, Trunk and Legs**

- No resistance or < 5 lb. (intermittent): 0
- Load of 5-20 lb (intermittent): + 1
- Load of 5 – 20 lb (static or repeated): + 2
- Load > 20 lb (static or repeated, shock, or forces with rapid build-up): + 3

**Total Neck/Trunk/Legs Score**

Use the value from Table B, plus the muscle use and force/load scores to determine the column in Table C.