





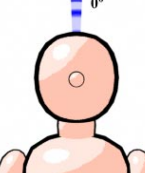

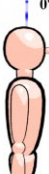


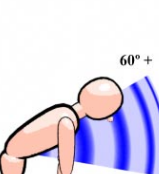

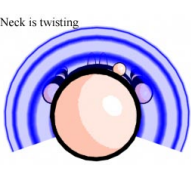







RAPID UPPER LIMB ASSESSMENT

| | | |
|---------|------------|-----------|
| Client: | Date/time: | Assessor: |
|---------|------------|-----------|

| Right Side: | | | | | | |
|--------------------|--|--|--------------------------------------|--|--|---|
| Right Upper Arm | | | | | | <input type="checkbox"/> Shoulder is raised <input type="checkbox"/> Upper arm is abducted <input type="checkbox"/> Leaning or supporting the weight of the arm |
| Right Lower Arm | | | | <input type="checkbox"/> Working across the midline of the body or out to the side | | |
| Right Wrist | | | | | | <input type="checkbox"/> Wrist is bent away from midline Select if wrist is bent away from midline |
| Right Wrist Twist | | | Force & Load for the Right hand side | SELECT ONLY ONE OF THESE: <input type="checkbox"/> No resistance <input type="checkbox"/> less than 2kg intermittent load or force <input type="checkbox"/> 2-10kg intermittent load or force <input type="checkbox"/> 2-10kg static load <input type="checkbox"/> 2-10kg repeated loads or forces <input type="checkbox"/> 10kg or more intermittent load or force <input type="checkbox"/> 10kg static load <input type="checkbox"/> 10kg repeated loads or forces <input type="checkbox"/> Shock or forces with rapid build-up | | |
| Muscle Use | | | | | | <input type="checkbox"/> Posture is mainly static, e.g. held for longer than 1 minute or repeated more than 4 times per minute |

| Left Side: | | | | | | |
|-------------------|--|--|--------------------------------------|--|--|---|
| Left Upper Arm | | | | | | <input type="checkbox"/> Shoulder is raised <input type="checkbox"/> Upper arm is abducted <input type="checkbox"/> Leaning or supporting the weight of the arm |
| Left Lower Arm | | | | <input type="checkbox"/> Working across the midline of the body or out to the side | | |
| Left Wrist | | | | | | <input type="checkbox"/> Wrist is bent away from midline Select if wrist is bent away from midline |
| Left Wrist Twist | | | Force & Load for the Right hand side | SELECT ONLY ONE OF THESE: <input type="checkbox"/> No resistance <input type="checkbox"/> less than 2kg intermittent load or force <input type="checkbox"/> 2-10kg intermittent load or force <input type="checkbox"/> 2-10kg static load <input type="checkbox"/> 2-10kg repeated loads or forces <input type="checkbox"/> 10kg or more intermittent load or force <input type="checkbox"/> 10kg static load <input type="checkbox"/> 10kg repeated loads or forces <input type="checkbox"/> Shock or forces with rapid build-up | | |
| Muscle Use | | | | | | <input type="checkbox"/> Posture is mainly static, e.g. held for longer than 1 minute or repeated more than 4 times per minute |

| | | | | | |
|---|--|---|---|--|--|
| Neck |  |  |  |  | |
| Neck Twist |  |  | | | |
| Neck Side-bend |  |  | | | |
| Trunk |  |  |  |  | |
| Trunk Twist |  |  | | | |
| Trunk Side-bend |  |  | | | |
| Legs |  | Legs and feet are well supported and in an evenly balanced posture. |  | Legs and feet are NOT evenly balanced and supported. | |
| Force & Load for the neck, trunk and legs | SELECT ONLY ONE OF THESE: <input type="checkbox"/> No resistance <input type="checkbox"/> less than 2kg intermittent load or force <input type="checkbox"/> 2-10kg intermittent load or force <input type="checkbox"/> 2-10kg static load <input type="checkbox"/> 2-10kg repeated loads or forces <input type="checkbox"/> 10kg or more intermittent load or force <input type="checkbox"/> 10kg static load <input type="checkbox"/> 10kg repeated loads or forces <input type="checkbox"/> Shock or forces with rapid build-up | | | | |
| Muscle Use | <input type="checkbox"/> Posture is mainly static, e.g. held for longer than 1 minute or repeated more than 4 times per minute | | | | |



Whilst COPE Occupational Health and Ergonomic Services Ltd (COPE) and Osmond Group Limited (Osmond) have taken every care in preparing this resource, it must be used according to the guidelines based on the original article* by Prof E.N. Corlett and Dr L. McAtamney.

No responsibility will be taken by COPE or Osmond in the use of this resource.

RULA provides a score of a snapshot of the activity as part of a rapid screening tool. The user should refer to the original article* to check the detail of the scoring and correct use of RULA scores. Further investigation and actions may be required.

For further information on methodology, please refer to our on-line guidance at www.rula.co.uk or refer to:
 McAtamney, L and Corlett, E.N. Reducing the risks of work related upper limb disorders - A guide and methods. Published by: Institute for Occupational Ergonomics, University of Nottingham, Nottingham NG7 2RD, UK. (1992). Tel: +44 (0)115 9514005 for details.

*McAtamney, L. and Corlett, E.N. "RULA -: A survey method for investigation of work-related upper limb disorders. Applied Ergonomics 1993, 24(2), 91-99

