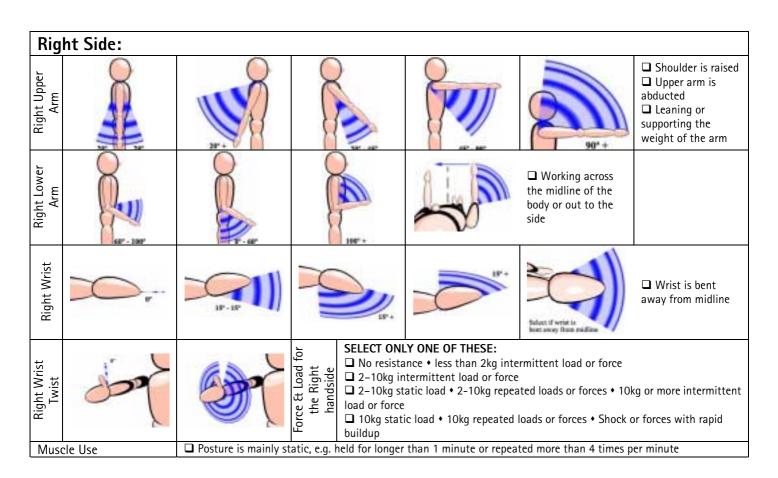
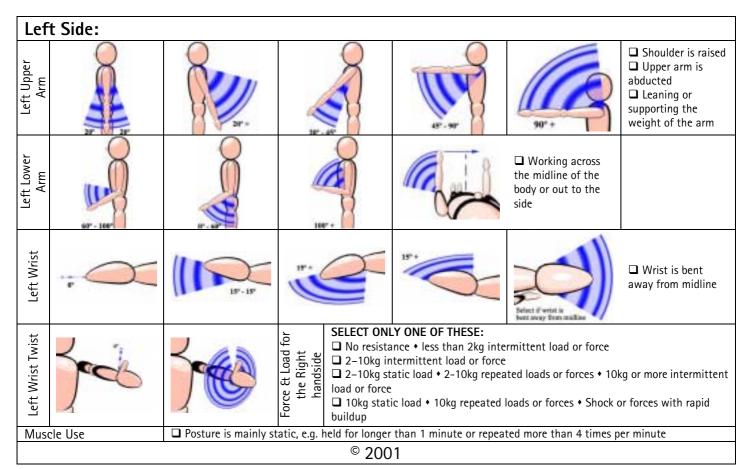
RAPID UPPER LIMB ASSESSMENT					
Client:	Date/time:	Assessor:			





S	r. H	18" - 20"	34.	at extension	
Neck	8	8			
Neck Twist	O	Nach is treated			
Neck Side-bend					
Trunk				A PI	
Trunk Twist	O				
Trunk Side-bend		Traff is rate beauty			
Legs	888	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: No resistance • less than 2kg intermittent load or force 2-10kg intermittent load or force 2-10kg static load • 2-10kg repeated loads or forces • 10kg or more intermittent load or force 10kg static load • 10kg repeated loads or forces • Shock or forces with rapid buildup Muscle Use SELECT ONLY ONE OF THESE: 10kg intermittent load or force 2-10kg intermittent load or forces • 10kg or more intermittent load or force 10kg static load • 10kg repeated loads or forces • Shock or forces with rapid buildup				ith rapid buildup	

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.ergonomics.co.uk** or:

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

