

### Lampiran IV (RULA)

#### Step 1 : Upper Arm Position Assessment

Adjusted: Raised shoulder > 25° or shoulder extension: +1  
 If upper arm is abducted > 60° and action > 4/minute or more: +1  
 If upper arm is abducted > 20° and posture static or action > 4/minute: +1  
 If arm is supported or person is leaning: -1

**Final Upper Arm Score =**

#### Step 2 : Lower Arm Position Assessment

Adjusted: If arm is working across midline of the body: +1  
 If arm out to side of body > 15°: +1

**Final Lower Arm Score =**

#### Step 3 : Wrist Position Assessment

Adjusted: If wrist is bent from the midline > 10°: +1

**Final Wrist Score =**

#### Step 4 : Wrist Twist

If wrist is twisted mainly in mid-range < 70° = 1;  
 If twist at or near end of twisting range > 70° = 2

**Wrist Twist Score =**

#### 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)  
 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

#### Step 8 : Find Row in Table C

## NERPA Assessment Worksheet

Upper Arm	Lower Arm	TABLE A									
		Wrist									
		1	2	3	4	1	2	3	4		
1	1	Wrist twist	1	2	2	2	2	3	3	3	
		2	2	2	2	2	3	3	3	3	
		3	2	3	3	3	3	3	4	4	
2	2	Wrist twist	1	2	3	2	3	3	3	4	4
		2	3	3	3	3	3	3	4	4	
		3	3	3	4	4	4	4	5	5	
3	3	Wrist twist	1	3	3	4	4	4	4	5	5
		2	3	4	4	4	4	4	5	5	
		3	4	4	4	4	4	4	5	5	
4	4	Wrist twist	1	4	4	4	4	4	5	5	5
		2	4	4	4	4	4	4	5	5	
		3	4	4	4	4	4	4	5	5	
5	5	Wrist twist	1	5	5	5	5	5	6	6	7
		2	5	6	6	6	6	7	7	7	
		3	6	6	6	7	7	7	7	8	

  

Arm and Wrist	TABLE C (FINAL SCORE)						
	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	6	6	6	7	7	7
8	6	6	6	7	7	7	7

**Final Score =**

**FINAL SCORE**  
 1 or 2 = Acceptable  
 3 or 4 investigate further  
 5 or 6 investigate further and change soon  
 7 investigate and change immediately

#### Step 9: Neck Position Assessment

Adjusted: If neck is twisted > 10°: +1  
 If neck is side-bending > 10°: +1

**Final Neck Score =**

#### Step 10: Trunk Position Assessment

Adjusted: If trunk is twisted > 10°: +1;  
 If trunk is side-bending > 10°: +1

**Final Trunk Score =**

#### Step 11: Legs

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

**Legs Score =**

  

Neck	TABLE B											
	Trunk						Neck					
	1	2	3	4	5	6	1	2	3	4	5	6
Legs	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	8	8	8	8	8	8	8	8
6	8	8	8	8	8	8	9	9	9	9	9	9

#### 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