

Employee

A. Sample · office workstation

Date Approved

14 May 2026

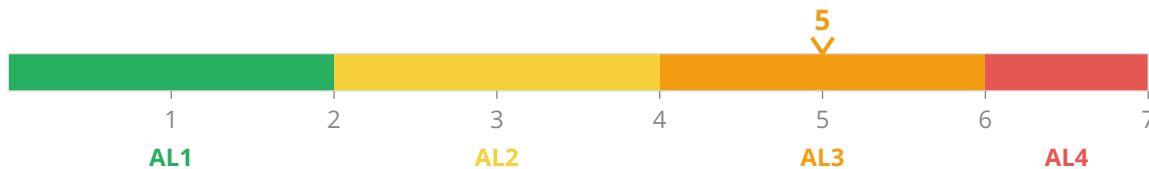
Campaign

Full-method demo · RULA QUICK video

Rapid Upper Limb Assessment

McAtamney & Corlett, 1993

Score: 5 / 7

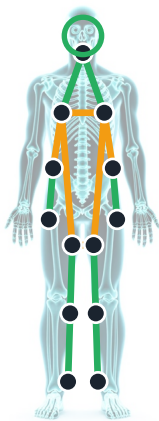


Further investigation and change soon

Primary Risk Area: Upper Arm (3 / 6)

Score Breakdown

Trunk	3 / 6	HIGH
Upper Arm	3 / 6	MED
Wrist	2 / 4	MED
Lower Arm	1 / 3	LOW
Neck	1 / 6	LOW
Legs	1 / 2	LOW



Front view

Arm: 3
Forearm: 1 100° / 60-100°
Legs: 1

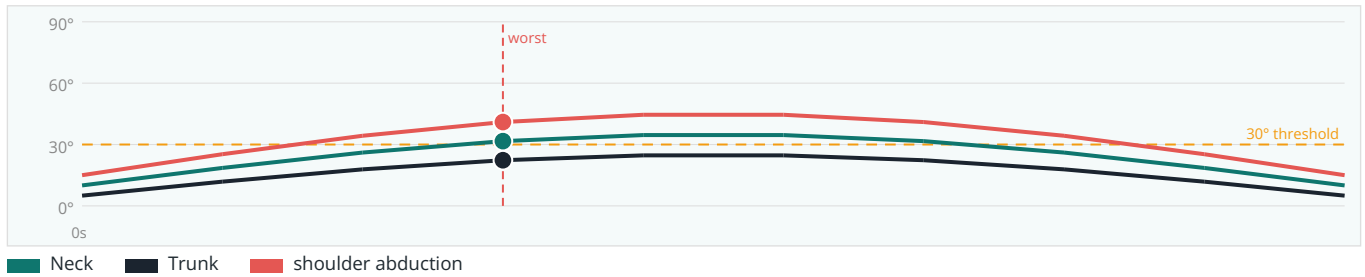


Side view

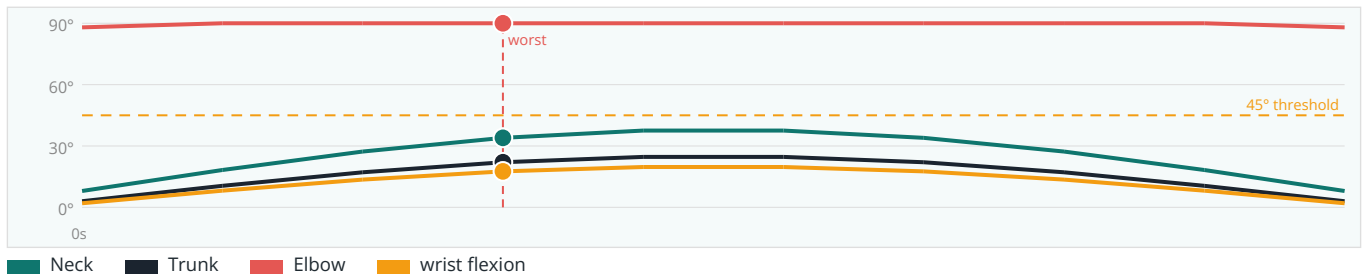
Neck: 1 25° / <10°
Trunk: 3 20° / 0-20°
Arm: 3

Posture angle over task duration

Front view



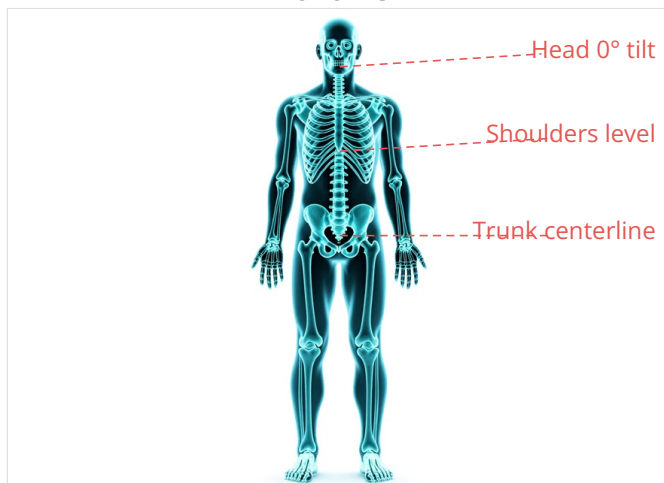
Side view



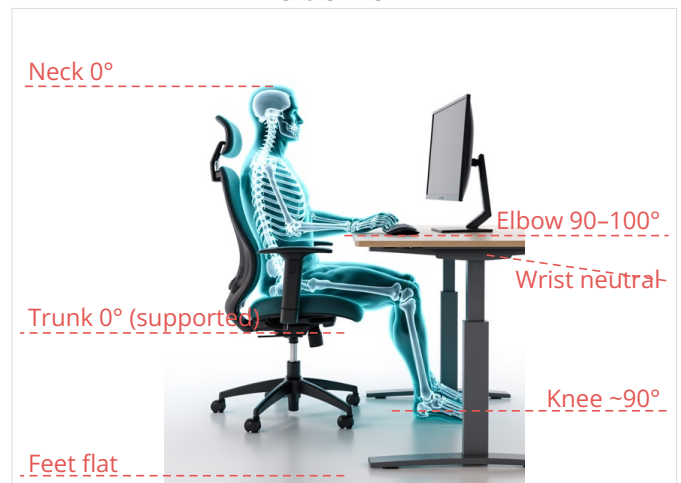
Target Setup

Compare captured posture to the primary-lit ideal

Front view



Side view



Why these angles matter

- Upper arms relaxed at sides — avoid reaching forward or shoulder elevation
- Elbows bent 60–100° · forearms close to body
- Wrists straight · neither bent up nor down
- Neck neutral · gaze level · avoid forward head posture
- Trunk upright · supported by chair backrest · no leaning
- Knees ~90° · feet flat on floor or footrest

Your measurements vs target

Upper arm

Captured: 3 score

Ideal: 1 score

Out of tolerance

Keep your upper arm relaxed at your side. Avoid reaching forward or raising your shoulder.

Lower arm

Captured: 1 score

Ideal: 1 score

Within tolerance

Keep your elbow bent between 60° and 100°. Working with your elbow nearly straight or fully bent both add risk.

Wrist

Captured: 2 score

Ideal: 1 score

Out of tolerance

Keep your wrist straight — neither bent up nor down. The closer to neutral, the lower the risk.

Wrist twist

Captured: 2 score

Ideal: 1 score

Out of tolerance

Avoid twisting your wrist to its end of range. Mid-range rotation keeps the wrist score low.

Muscle use (Group A)

Captured: 1

Ideal: 0

Out of tolerance

Avoid holding upper-limb postures for more than a minute at a time, or repeating the same movement four or more times per minute.

Force load (Group A)

Captured: 0

Ideal: 0

Within tolerance

Keep upper-limb loading below 2 kg whenever possible, and avoid sustained or repeated heavy loading.

Neck

Within tolerance

Captured: 1 score

Ideal: 1 score

Keep your gaze close to level — look at your screen straight ahead, not down.

Trunk

Out of tolerance

Captured: 3 score

Ideal: 1 score

Sit upright with your back supported by your chair's backrest. Avoid leaning forward at the waist.

Legs

Within tolerance

Captured: 1 score

Ideal: 1 score

Keep your feet flat on the floor (or footrest) with your knees at roughly a right angle.

Muscle use (Group B)

Out of tolerance

Captured: 1

Ideal: 0

Avoid holding neck / trunk / leg postures for more than a minute at a time, or repeating the same posture four or more times per minute.

Force load (Group B)

Within tolerance

Captured: 0

Ideal: 0

Keep neck / trunk / leg loading below 2 kg whenever possible, and avoid sustained or repeated heavy loading.

Method Recommendations

HIGH keyboard_height AI

Lower the keyboard tray by 2-3 cm so elbows rest at 90-100°. Pull the keyboard closer so the wrist stays neutral; avoid reaching forward.

McAtamney & Corlett 1993 · Step 3

REVIEWED BY

Date approved: 14 May 2026

Certified Ergonomist

MPT (Ergonomics), CEAS-II