

ภาคผนวก ข

ตัวอย่างแบบฟอร์มที่ใช้บันทึกค่าคะแนนท่าทางการทำงาน (RULA)

RULA Employee Assessment Worksheet

Complete this worksheet following the step-by-step procedure below. Keep a copy in the employee's personnel folder for future reference.

A. Arm & Wrist Analysis

Step 1: Locate Upper Arm Position

Step 1a: Adjust...
 If the arm is supported or person is leaning: -1
 If the arm is out to the side: +1

Step 2: Locate Lower Arm Position

Step 2a: Adjust...
 If the arm is supported or person is leaning: -1
 If the arm is out to the side: +1

Step 3: Locate Wrist Position

Step 3a: Adjust...
 If the wrist is bent from the middle: +1
 If the wrist is bent from the side: +1

Step 4: Wrist Twist
 If the wrist is twisted mainly in mid-range: +1
 If the wrist is twisted mainly in end range: +2

Step 5: Look-up Posture Score in Table A
 Use the scores from steps 1, 2, 3, & 4 to locate the Posture Score in Table A.

Step 6: Add Muscle Use Score
 If the worker is holding, carrying, pushing, pulling, or lifting: +1
 If the worker is reaching: +1
 If the worker is standing on toes or tiptoes: +1
 If the worker is standing on a platform or box: +1

Step 7: Add Force Load Score
 If the worker is holding, carrying, pushing, pulling, or lifting: +1
 If the worker is reaching: +1
 If the worker is standing on toes or tiptoes: +1
 If the worker is standing on a platform or box: +1

Step 8: Find Row in Table C
 The combination score from the previous steps is used to find the row in Table C.

B. Neck, Trunk & Leg Analysis

Step 9: Locate Neck Position

Step 9a: Adjust...
 If the neck is bent from the middle: +1
 If the neck is bent from the side: +1

Step 10: Locate Trunk Position

Step 10a: Adjust...
 If the trunk is bent from the middle: +1
 If the trunk is bent from the side: +1

Step 11: Legs
 If the legs are supported and balanced: +1
 If the legs are not supported and balanced: +2

Step 12: Look-up Posture Score in Table B
 Use the scores from steps 9, 10, & 11 to locate the Posture Score in Table B.

Step 13: Add Muscle Use Score
 If the worker is holding, carrying, pushing, pulling, or lifting: +1
 If the worker is reaching: +1
 If the worker is standing on toes or tiptoes: +1
 If the worker is standing on a platform or box: +1

Step 14: Add Force Load Score
 If the worker is holding, carrying, pushing, pulling, or lifting: +1
 If the worker is reaching: +1
 If the worker is standing on toes or tiptoes: +1
 If the worker is standing on a platform or box: +1

Step 15: Find Column in Table C
 The combination score from the previous steps is used to find the column in Table C.

SCORES

Table A

Upper Arm	Lower Arm	Wrist	Wrist Twist	Posture Score
1	1	1	1	1
1	1	2	1	2
1	1	2	2	3
1	2	1	1	4
1	2	1	2	5
1	2	2	1	6
1	2	2	2	7
2	1	1	1	8
2	1	1	2	9
2	1	2	1	10
2	1	2	2	11
2	2	1	1	12
2	2	1	2	13
2	2	2	1	14
2	2	2	2	15

Table B

Neck	Trunk	Legs	Posture Score
1	1	1	1
1	1	2	2
1	1	3	3
1	2	1	4
1	2	2	5
1	2	3	6
2	1	1	7
2	1	2	8
2	1	3	9
2	2	1	10
2	2	2	11
2	2	3	12
3	1	1	13
3	1	2	14
3	1	3	15
3	2	1	16
3	2	2	17
3	2	3	18

Table C

Posture Score	Muscle Use Score	Force Load Score	Final Score
1	1	1	1
1	1	2	2
1	1	3	3
1	2	1	4
1	2	2	5
1	2	3	6
1	3	1	7
1	3	2	8
1	3	3	9
2	1	1	10
2	1	2	11
2	1	3	12
2	2	1	13
2	2	2	14
2	2	3	15
2	3	1	16
2	3	2	17
2	3	3	18
3	1	1	19
3	1	2	20
3	1	3	21
3	2	1	22
3	2	2	23
3	2	3	24
3	3	1	25
3	3	2	26
3	3	3	27

FINAL SCORE: 1 or 2 – Acceptable; 3 or 4 investigate further; 5 or 6 investigate further and change soon; 7 investigate and change immediately

Source: *McAtamney, L. & Corlett, E.N. (1993) RULA: a simple method for the investigation of work-related upper limb disorders. Applied Ergonomics, 24(2) 91-99.*

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ภาพที่ ข-1

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