

Rapid Office Strain Assessment (ROSA) worksheet

Section A – Chair

A.1 Chair height

Knees at 90° (+1)

Too low (knee angle < 90°) (+2)

Too high (knee angle > 90°) (+2)

No foot contact on ground (+3)

Insufficient Space Under Desk- No Ability to Cross Legs (+1)

Non-Adjustable (+1)

A.2 Pan Depth

3 inches

<3 inches

>3 inches

Non-Adjustable (+1)

Approximately 3 inches of space between knee and edge of seat (+1)

Too Long: Less Than 3" of space (+2)

Too Short: More than 3" of Space (+2)

A.1 Score + A.2 Score = Section A – Y axis Score

A.3 Armrests

Elbows supported in line with shoulder, shoulders relaxed (+1)

Too High (Shoulders Shrugged)/Low (Arms Unsupported) (+2)

Hard/damaged surface (+1)

Too wide (+1)

Non-Adjustable (+1)

A.4 Back Support

Adequate Lumbar Support – Chair reclined between 95°-110° (+1)

No Lumbar Support OR: Lumbar Support not Positioned in Small of Back (+2)

Angled Too Far Back (Greater than 110°) OR: Angled Too far forward (Less than 95°) (+2)

No Back Support (ie Stool OR Worker Leaning forward) (+3)

Work Surface too High (Shoulders Shrugged) (+1)

Back Rest Non-Adjustable (+1)

A.3 Score + A.4 Score = Section A – X axis Score

Duration Instructions

- If less than 30 minutes continuously, or less than 1 hour per day : -1
- If between 30 minutes and 1 hour continuously, or between 1 and 4 hours per day : 0
- If greater than 1 hour continuously, or more than 4 hours per day : +1

SCORES

| Section A Score | X Axis: Arm Rest and Back Support | | | | | | | | |
|----------------------------------|-----------------------------------|---|---|---|---|---|---|---|---|
| | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | |
| Y Axis: Chair height / Pan Depth | 2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 3 | 2 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 4 | 3 | 3 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 5 | 4 | 4 | 4 | 4 | 5 | 6 | 7 | 8 |
| | 6 | 5 | 5 | 5 | 5 | 6 | 7 | 8 | 9 |
| | 7 | 6 | 6 | 6 | 7 | 7 | 8 | 8 | 9 |
| | 8 | 7 | 7 | 7 | 8 | 8 | 9 | 9 | 9 |
| | 9 | | | | | | | | |

Duration + Section A = Chair ROSA Score

| Section B Score | | B.1 Score | | | | | | | |
|-----------------|---|-----------|---|---|---|---|---|---|---|
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| B.2 Score | 0 | 1 | 1 | 1 | 2 | 3 | 4 | 5 | 6 |
| | 1 | 1 | 1 | 2 | 2 | 3 | 4 | 5 | 6 |
| | 2 | 1 | 2 | 2 | 3 | 3 | 4 | 6 | 7 |
| | 3 | 2 | 2 | 3 | 3 | 4 | 5 | 6 | 8 |
| | 4 | 3 | 3 | 4 | 4 | 5 | 6 | 7 | 8 |
| | 5 | 4 | 4 | 5 | 5 | 6 | 7 | 8 | 9 |
| | 6 | 5 | 5 | 6 | 7 | 8 | 8 | 9 | 9 |

Section B Score

| Section C Score | | C.1 Score | | | | | | | |
|-----------------|---|-----------|---|---|---|---|---|---|---|
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| C.2 Score | 0 | 1 | 1 | 1 | 2 | 3 | 4 | 5 | 6 |
| | 1 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 2 | 1 | 2 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 3 | 2 | 3 | 3 | 3 | 5 | 6 | 7 | 8 |
| | 4 | 3 | 4 | 4 | 5 | 5 | 6 | 7 | 8 |
| | 5 | 4 | 5 | 5 | 6 | 6 | 7 | 8 | 9 |
| | 6 | 5 | 6 | 6 | 7 | 7 | 8 | 8 | 9 |
| | 7 | 6 | 7 | 7 | 8 | 8 | 9 | 9 | 9 |

Section C Score

| Monitor & Peripherals ROSA | | Section C Score | | | | | | | | |
|----------------------------|---|-----------------|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Section B Score | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 2 | 2 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 3 | 3 | 3 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 4 | 4 | 4 | 4 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 5 | 5 | 5 | 5 | 5 | 5 | 6 | 7 | 8 | 9 |
| | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 7 | 8 | 9 |
| | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 8 | 9 |
| | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 9 |
| | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 |

Monitor & Peripherals ROSA SCORE

Section B – Monitor and Telephone

B.1 Monitor

Duration + Monitor = B.1 Score

Arm's Length Distance (40-75cm) / Screen at Eye Level (+1)

Too Low (below 30°) (+2)
Too Far (+1)

Too High (Neck Extension) (+3)

Neck Twist Greater than 30° (+1)

Glare on Screen (+1)

Documents – No Holder (+1)

B.2 Phone

Duration + Phone = B.2 Score

Headset / One Hand on Phone & Neutral Neck Posture (+1)

Too Far of Reach (outside of 30cm) (+2)

Neck and Shoulder Hold (+2)

No Hands-Free Options (+1)

Section C – Mouse and Keyboard

C.1 Mouse

Duration + Mouse = C.1 Score

Mouse in Line with Shoulder (+1)

Reaching to Mouse (+2)

Mouse/Keyboard on Different Surfaces (+2)

Pinch Grip on Mouse (+1)

Palmrest in Front of Mouse (+1)

C.2 Keyboard

Duration + Keyboard = C.2 Score

Wrists Straight, Shoulders Relaxed (+1)

Wrists Extended/ Keyboard on Positive Angle (>15° Wrist extension) (+2)

Deviation while Typing (+1)

Keyboard Too High: Shoulders Shrugged (+1)

Reaching to Overhead Items (+1)

Platform Non-Adjustable (+1)

| ROSA FINAL | Monitor & Peripherals ROSA | | | | | | | | | | ROSA Final Score |
|------------|----------------------------|----|----|----|----|----|----|----|----|----|------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| Chair ROSA | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 2 | 2 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 3 | 3 | 3 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 4 | 4 | 4 | 4 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 5 | 5 | 5 | 5 | 5 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 7 | 8 | 9 | 10 |
| | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 8 | 9 | 10 |
| | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 9 | 10 |
| | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 10 |
| | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |