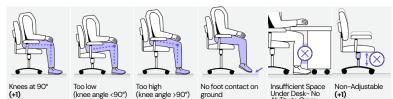
# Rapid Office Strain Assessment (ROSA) worksheet

# Section A - Chair

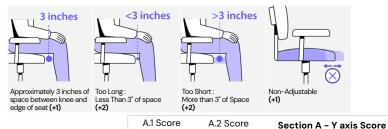
### A.1 Chair height



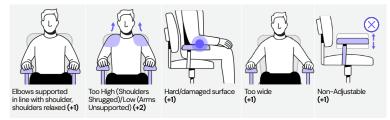
Legs (+1)

(+2)

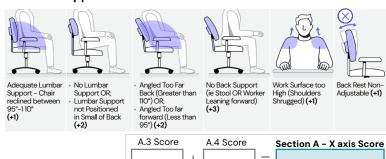
## A.2 Pan Depth



#### A.3 Armrests



### A.4 Back Support



### **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** X Axis: **Section A Arm Rest and Back Support** Score Y Axis Chair height / Pan Depth Duration Section A **Chair ROSA Score B.1 Score** Section B Score Score 8 Secion B Score **Section C** Score 2 C.2 Score 6 Secion C Score Monitor & **Section C Score** Peripherals ROSA 2 Section B Score

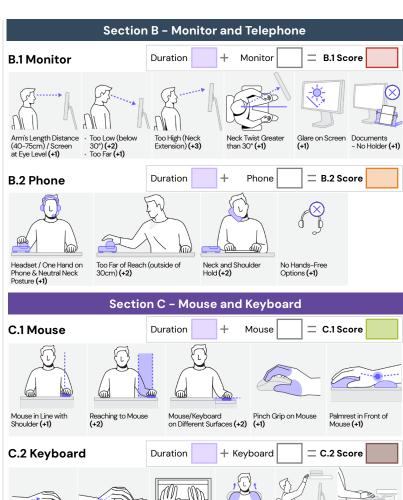
Monitor & Peripherals

ROSA SCORE

9

6

9 8



#### Wrists Straight, Wrists Extended/ Deviation while Keyboard Too Reaching to Platform High: Shoulders Shoulders Keyboard on Positive Overhead Non-Adjustable Typing Relaxed (+1) Angle (>15° Wrist Shrugged Items (+1) extension) (+2)

ROSA FINAL		Monitor & Peripherals ROSA										
FINA	L	1	2	3	4	5	6	7	8	9	10	İ
Chair ROSA		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	10	
		10	10	10	10	10	10	10	10	10	10	



**ROSA Final Score**