



TEAM-FEEDBACK: Hose Drag & Attack Position

Participant Information

Sex: Male

Age Range: 20-30yrs

Height: 1.83m



00:02 1

Right Elbow Flexion

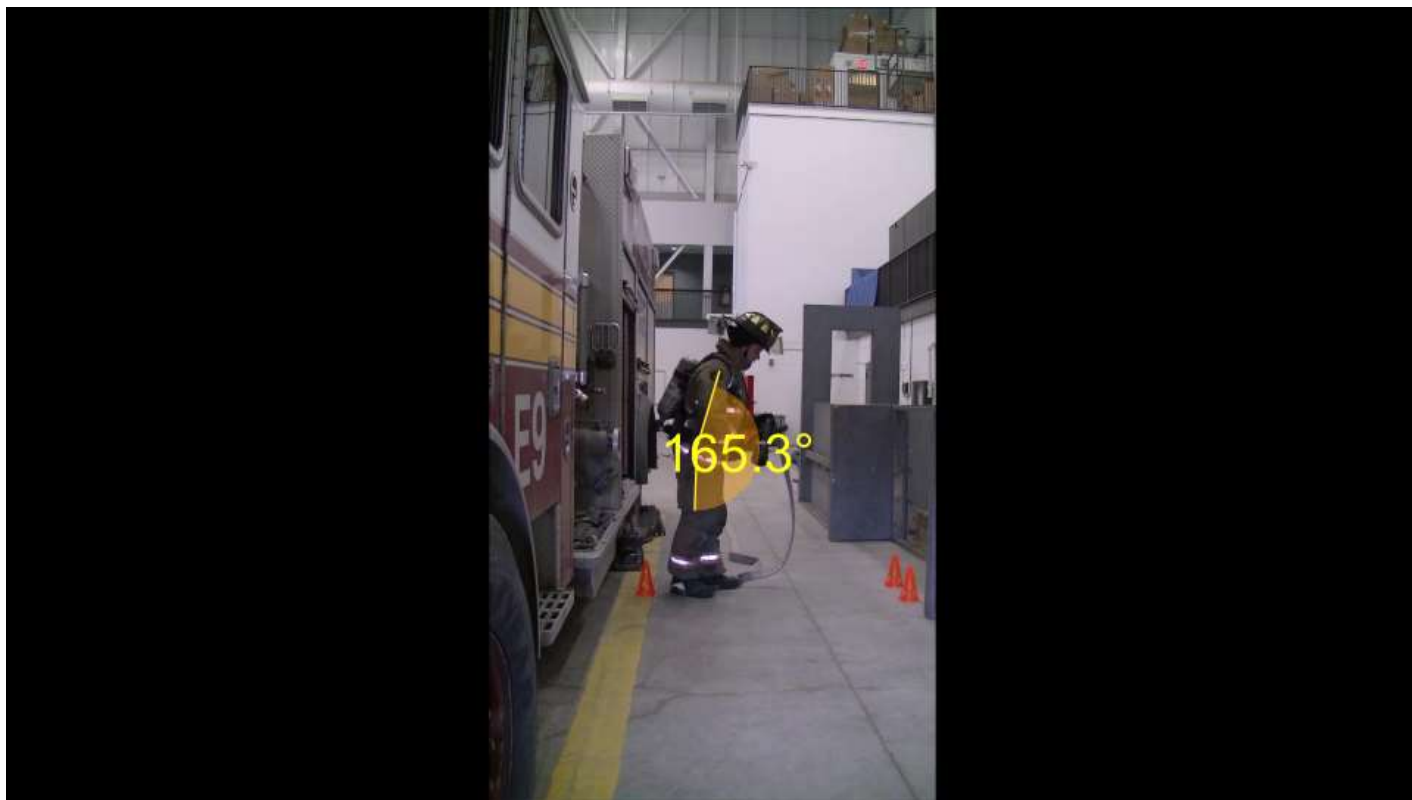
Risk: Lower arm injury

Recommendation: Hold hose closer to the waist, keeping the upper arm closer to the body.

OWAS: 1- No actions required

REBA: 2 - Low risk, change may be needed

RULA: 6 - Investigation and changes are required soon.

**00:05 3**

Trunk Flexion (Forward Bending)

Risk: Lower back injury (Low)

Recommendation: Maintain upright posture.

OWAS: 2 - Corrective actions required in the near future

REBA: 2 - Low risk, change may be needed

RULA: 5 - Investigation and changes are required soon

**00:09 2**

Kneeling posture

Risk: May result in pressure on the knee (compressive forces)

Higher risk associated with longer durations spent in this position.

Recommendation: Reduce time spent in this posture.

Knee Flexion

Risk: Lower limb injury

Recommendation: Walk left foot forward to reduce angle of flexion at the knee joint. Ideally knee stacked over ankle (90 degrees of flexion at knee joint)

*Good upright posture in this position

OWAS: 1 - No actions required

REBA: 4 - Medium risk, further investigation, change soon

RULA: 5 - Investigation and changes are required soon.