



## TEAM-FEEDBACK: Hose Drag & Attack Position

Participant Information  
 Sex: Male  
 Age Range: 20-30yrs  
 Height: 1.93m



**00:01 1**

Right Shoulder Abduction (Arm raised away from the body)  
 Risk: Upper arm injury (Moderate)

Right & Left Elbow Flexion

Risk: Lower arm injury (moderate)

Recommendation: Hold hose closer to the left hip bone, keeping the upper arm closer to the body and lower arm more extended

\*Hose carried over the right shoulder, across the body and held at the hip

OWAS: 1 - No actions required

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

RULA: 7 - Investigation and changes required immediately

**00:03 2****Shoulder Flexion**

Risk: Holding the arm out away from the body in this position results in greater risk of injury to the upper arm.

Recommendation: Maintain elbow closer to the body to avoid strain on the shoulder joint.

**Trunk Flexion (Bending forward)**

Risk: Lower back injury

Recommendation: Maintain upright posture through the spine

Kneeling posture may result in pressure on the knee. Higher risk associated with longer durations spent in this position.

**Knee Flexion**

Risk: Lower limb injury

Recommendation: Stack the hips over the knees and maintaining a 90 degree angle at the knee to reduce pressure at the joint. Walk the left foot forward until recommended alignment is reached.

OWAS: 4 - Corrective actions for improvement required immediately

REBA: 9 - High risk, investigate and implement change

RULA: 7 - Investigation and changes required immediately