



TEAM-FEEDBACK: Hose Drag & Attack Position

Participant Information

Sex: Male

Age Range: 20-30yrs

Height: 1.83m



00:02 1

Left Shoulder Abduction (Arm raised away from the body)

Risk: Upper arm injury (moderate)

Recommendation: Keep the elbow closer to the body.

Left Elbow Flexion

Risk: Lower arm injury

Recommendation: Extend the arm, holding the hose at the side of the body (waist level)

OWAS: 1 - No actions required

REBA: 3 - Low risk, change may be needed

RULA: 6 - Investigation and changes are required soon



00:03 2

Right Elbow Flexion

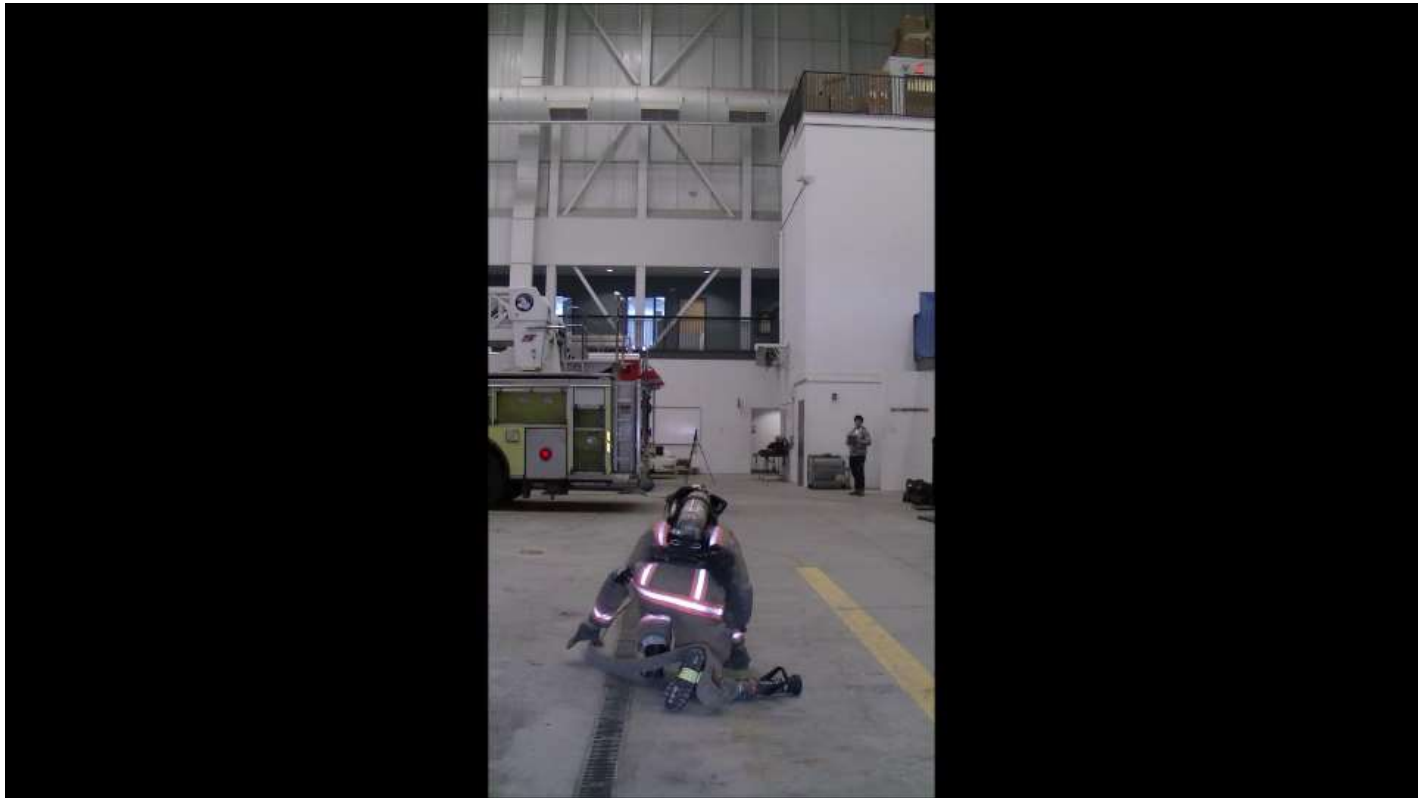
Risk: Lower arm injury

Recommendation: Holding the hose near the waist, reducing the angle of elbow flexion.

OWAS: 2 - Corrective actions required in the near future

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

RULA: 5 - Investigation and changes are required soon



00:09 3

Trunk Flexion (forward bending)

Risk: Lower back injury

Recommendation: Reduce time spent in this position. Maintain upright posture.

Moving while in a kneeling position can increase risk of injury

- Limit movement from within in this position

OWAS: 4 - Corrective actions for improvement required immediately

REBA: 10 - High risk, investigate and implement change

RULA: 7 - Investigation and changes are required immediately