



TEAM-FEEDBACK: Hose Drag & Attack Position

Participant Information

Sex: Male

Age Range: 41-50yrs

Height: 1.74m



00:02 1

Shoulder Abduction (Arm raised away from the body)

Risk: Upper arm injury (Moderate)

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

Elbow Flexion

Risk: Lower arm injury (Moderate)

Recommendation: Hold the hose with the wrist at waist level, reducing the angle of elbow flexion.

OWAS: 1 - No actions required

REBA: 3 - Low risk, change may be needed

RULA: 6 - Investigation and changes are required soon

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Kneeling posture

Risk: May result in pressure on the knee

Higher risk associated with longer durations spent in this position.

Recommendation: Reduce time spent in this position.

Knee Flexion (Highlighted in yellow)

Risk: Lower limb injury

Recommendation: Walk right foot forward to reduce angle of flexion at the knee joint. Knee should be stacked over the ankle (90 degrees of flexion at the knee)

OWAS: 1 - No actions required

REBA: 5 - Medium risk, further investigation, change soon

RULA: 7 - Investigation and changes are required immediately