



# TEAM-FEEDBACK: Hose Drag & Pull

Participant Information  
Sex: Male  
Age Range: 20-30yrs  
Height: 1.68m

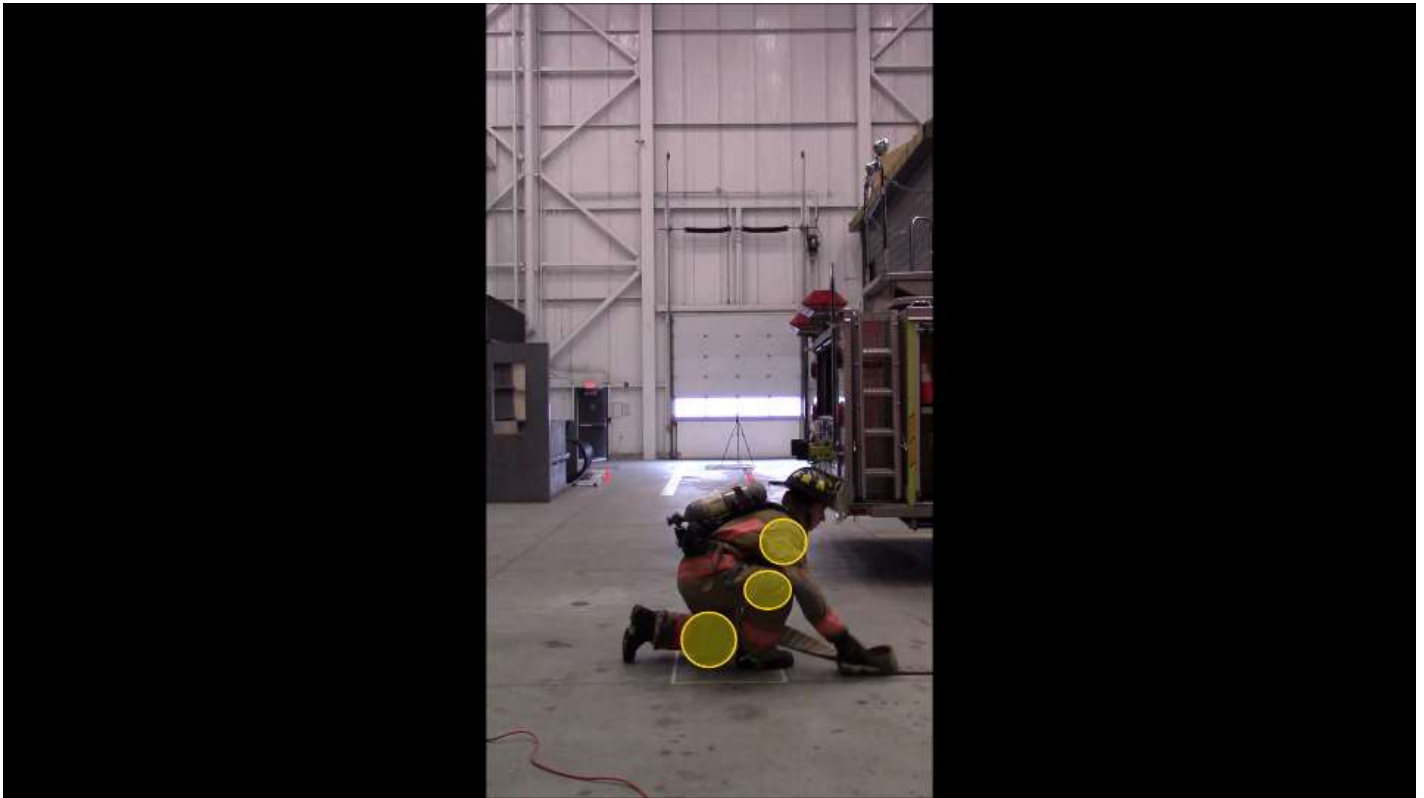


**00:01 1**

Torsional forces on the knee due to rotating with the foot planted.

Risk: Lower limb injury

Recommendation: Lift foot and direct toes and follow through with the hips before planting the foot.

**00:02 2**

Trunk Flexion (Bending Forward)

Risk: Lower back injury

Recommendation: Reduce time spent and load carried from this position.

Shoulder Flexion (Reaching Forward)

Risk: Upper arm injury

Recommendation: Reach closer to the body.

Kneeling posture & knee flexion

Risk: Lower limb injury, compressive forces on the knee

Recommendation: Reduce time spent in this kneeling posture. When in this position, stack the right knee over the right ankle to form 90 degree angles at both joints and stack the hips over the left knee.

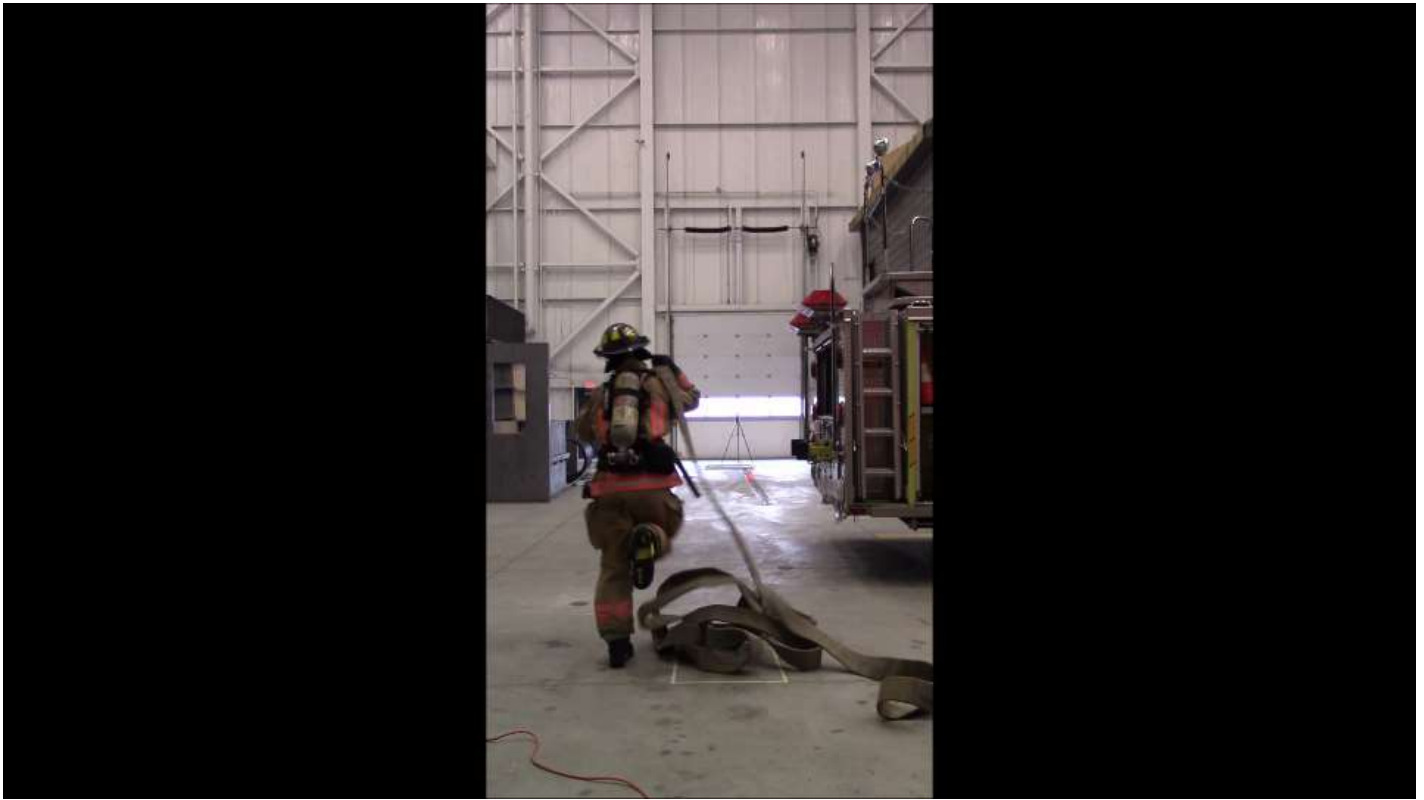


**00:17 3**

Trunk Flexion (Forward Bending)

Risk: Back injury

Recommendation: Reduce load carried from this position. Squat down to lift hose from the ground.



**00:18 4**

Tripping hazzard  
PPE may affect leg clearance of hose.



**00:18 6**

Right Shoulder Abduction

Risk: Upper arm injury

Recommendation: Keep elbow tucked closer to the side of the body.