



TEAM-FEEDBACK: Hose Drag & Pull

Participant Information

Sex: Male

Age Range: 20-30yrs

Height: 1.83m



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Shoulder Flexion (Reaching Forward)

Risk: Upper arm injury

Recommendation: Reach at or below shoulder level from within this position.

Trunk Flexion (Bending forward)

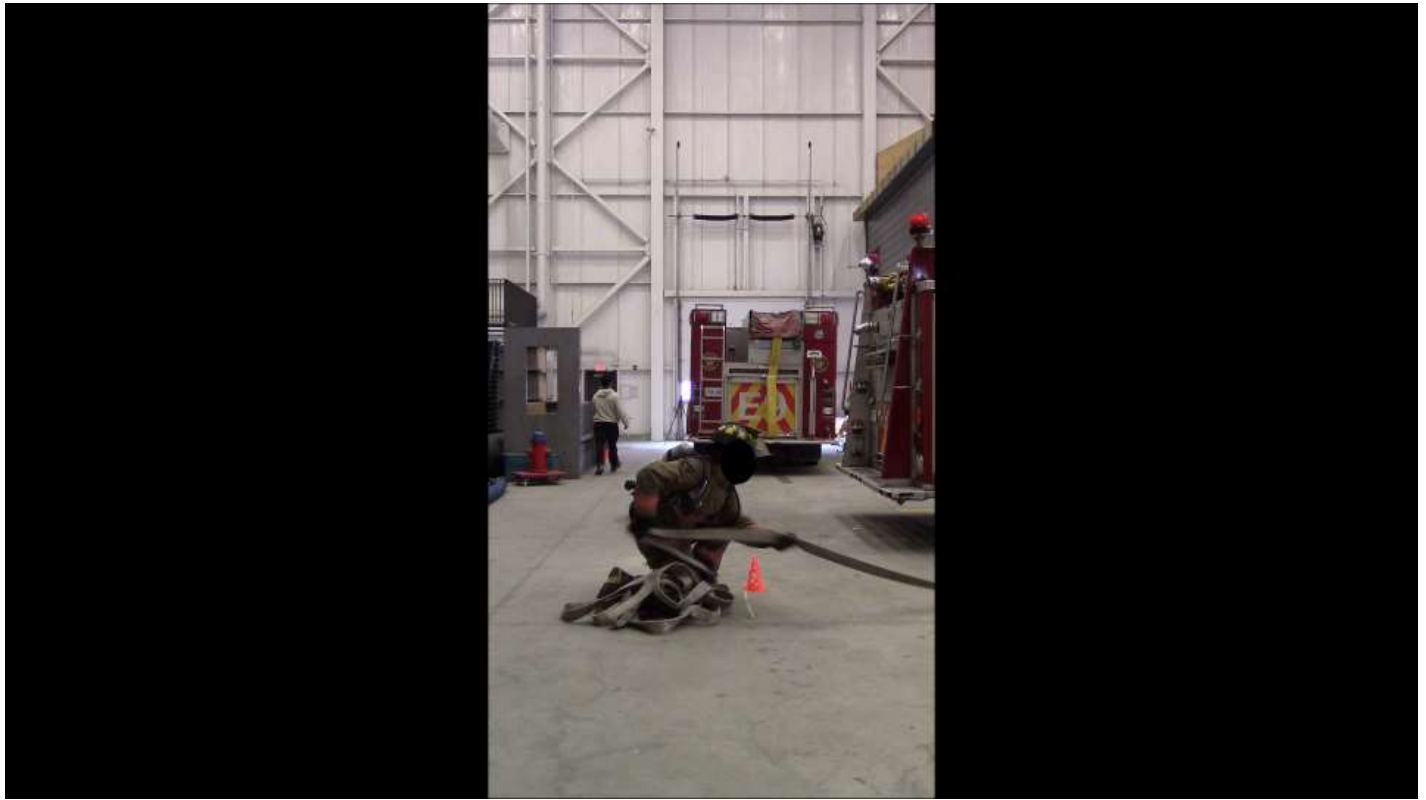
Risk: Back injury

Recommendation: Reduce loads on the back within this position and reduce time spent in this position.

Knee flexion & compressive forces

Risk: Lower limb injury

Recommendation: Stack the hips over the knees to form a 90 degree angle at the knee. Compressive forces on the knee, reduce time spent in this position.



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Repetitive movement involving gripping with the hands, shoulder flexion & extension as well as twisting through the spine.

Risk: Repetitive Strain Injury & back injury.

Recommendation: Maintain a straight back in an upright kneeling position while pulling the hose.



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Forward Flexion (Bending forward) with a rounded back

Risk: Back injury

Recommendation: Squat down with the legs to reduce angle of forward flexion and maintain a flat back throughout.