



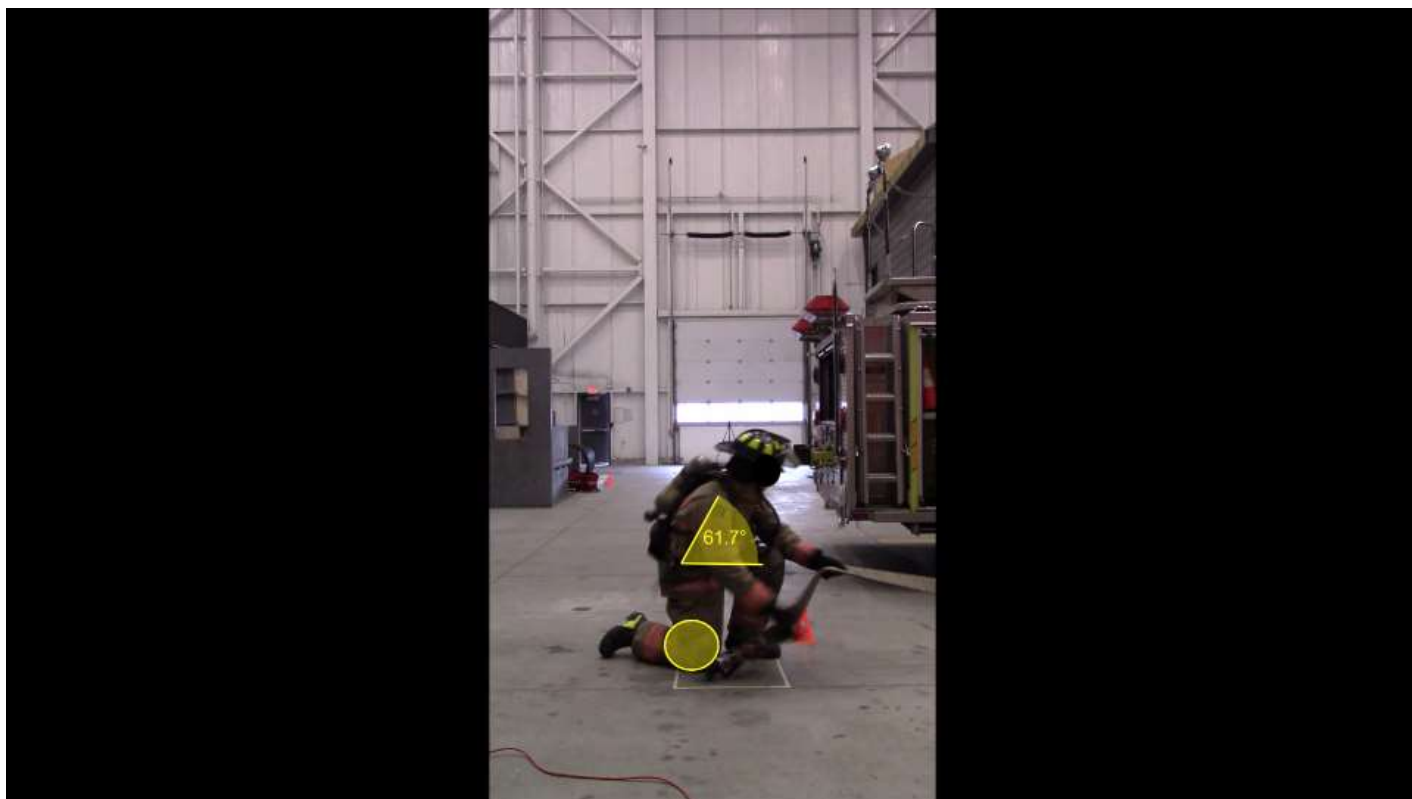
## TEAM-FEEDBACK: Hose Drag & Pull

### Participant Information

Sex: Male

Age Range: 20-30yrs

Height: 1.93m



**00:02 1**

Trunk Flexion (Forward bending)

Risk: Back injury

Recommendation: Maintain an upright posture.

Kneeling Posture - Compression forces on the right knee

Risk: Lower limb injury

Recommendation: Reduce time spent in this position.



**00:03 2**

Rounded Back

Risk: Back injury

Recommendation: Maintain an upright posture with a flat back.



**00:03 3**

Repetitive movement involving the arms and twisting through the spine.

Recommendation: Minimize twisting through the spine and extending the arm behind the body while pulling the hose.



**00:08 4**

Neck Flexion

Risk: Neck injury

Recommendation: Maintain upright posture throughout the spine



**00:10 5**

Knee flexion

Risk: Lower limb injury

Recommendation: Keep the hips stacked over the knee, maintaining a 90 degree angle at the right knee.



**00:14 6**

Rounded Spine

Risk: Back injury

Recommendation: Maintain a flat back, especially when carrying loads.