



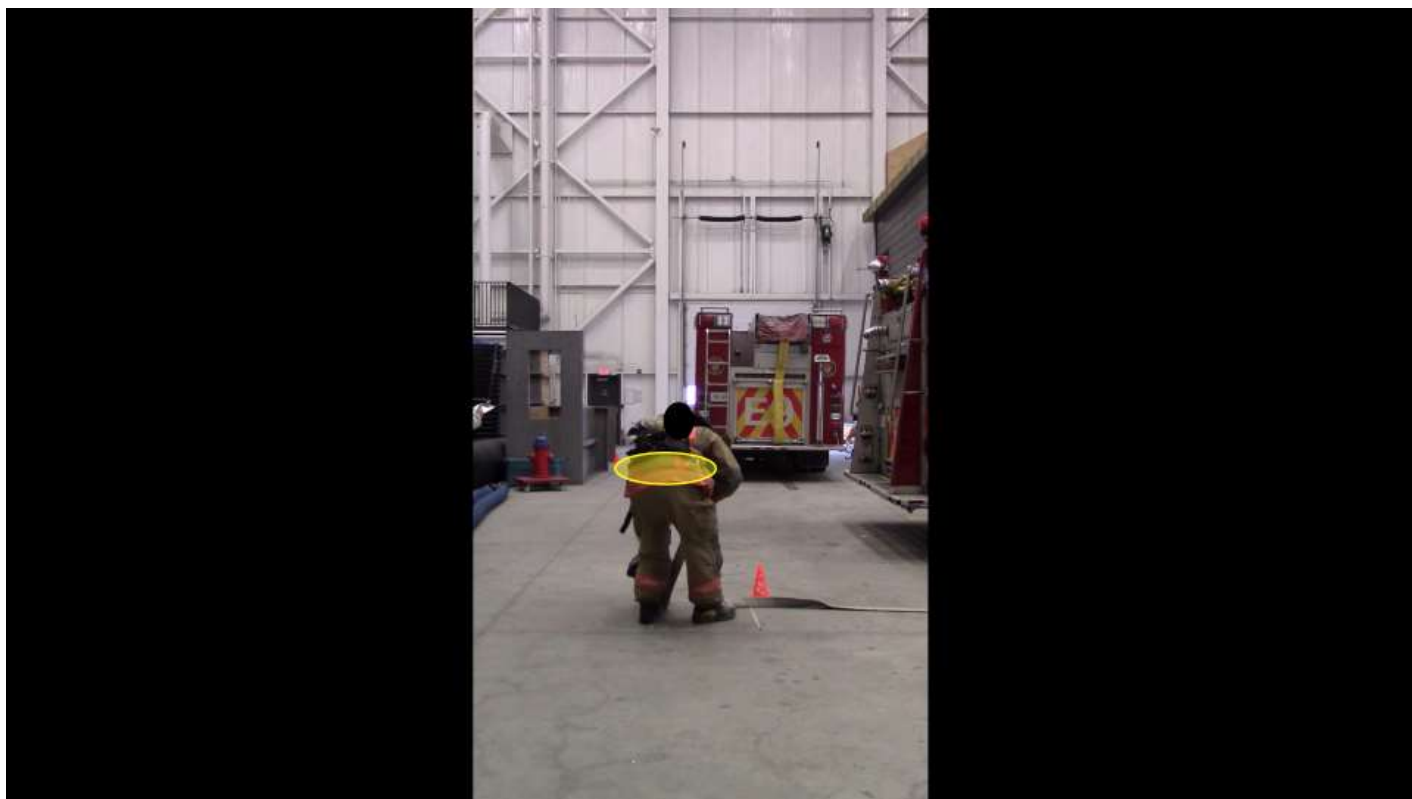
TEAM-FEEDBACK: Hose Drag & Pull

Participant Information

Sex: Male

Age Range: 41-50yrs

Height: 1.74m



00:03 1

Trunk Flexion (Forward bending)

Risk: Back injury

Recommendation: Bend at the knees rather than the hips.

**00:04 2**

Trunk Lateral Flexion (Side bend)

Risk: Back injury

Shoulder Abduction (Arm raised away from the body - To the side)

Risk: Upper arm injury

Recommendation: Recommendation: Stand facing the direction the hose is being pulled from (the right of the screen).

**00:05 3**

Twisting through the spine, hips, and right leg

Risk: Torsional forces on back and lower limb

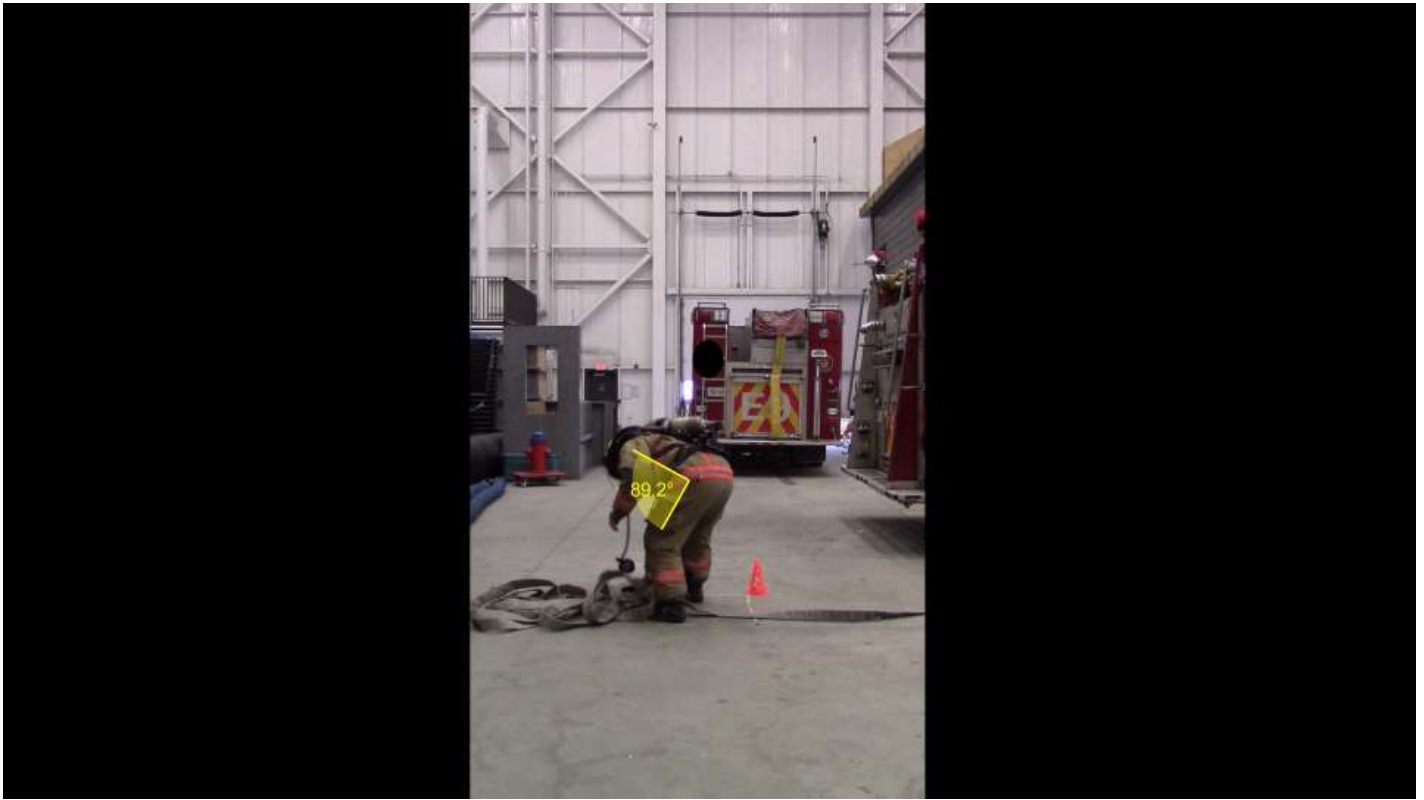
Recommendation: Stand facing the direction of the hose, pulling the hose towards the torso.

**00:05 4**

Shoulder Abduction (Arm raised away from the body - to the side)

Risk: Upper arm injury

Recommendation: Do not reach as far back with the arm when pulling the hose. Extension of the elbow while carrying a load increases risk of injury to the shoulder.

**00:15 5**

Trunk Flexion (Forward bending)

Risk: Back injury

Recommendation: Bend at the knees, squatting down to pick up the hose rather than bending at the hips.