



TEAM-FEEDBACK: HOSE DRAG START

Participant Information

Sex: Male

Age Range: 20-30yrs

Height: 1.68m



00:04 1

Kneeling Posture

Risk: Compressive forces on the knee. Higher risk associated with longer durations spent in this position.

Recommendation: Reduce time spent in this position.

Right Shoulder Extension (Reaching behind the body)

Risk: Upper arm injury

Recommendation: Kneeling to reach for the hose further back from current starting position to avoid reaching behind the body and twisting through the spine.

Lateral Bending (Bending to the side)

Risk: Back Injury

Recommendation: Kneel further behind the handle of the hose to reduce the combination of both forward flexion and lateral bending.

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Left Shoulder Abduction (Arm raised away from the body)

Risk: Upper arm injury (High)

Recommendation: Keep the elbow closer to the body.

Torsional forces on spine (Twisting through the torso)

Risk:

Recommendation:

Torsional forces at the hip, knee and ankle

Risk: Upper and lower leg injury

Recommendation:

Good joint angles at the left knee and ankle.

Right Shoulder Abduction (Arm raised away from the body)

Risk: Upper arm injury

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

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Left Elbow Flexion

Risk: Lower arm injury

Recommendation: Hold the hose across the front of the body keeping the hands at waist level and the elbows tucked closer to the body.

Right Elbow flexion

Right arm external rotation

Risk: Upper arm injury (Shoulder)

Recommendation: Throw the hose backwards over shoulder.