



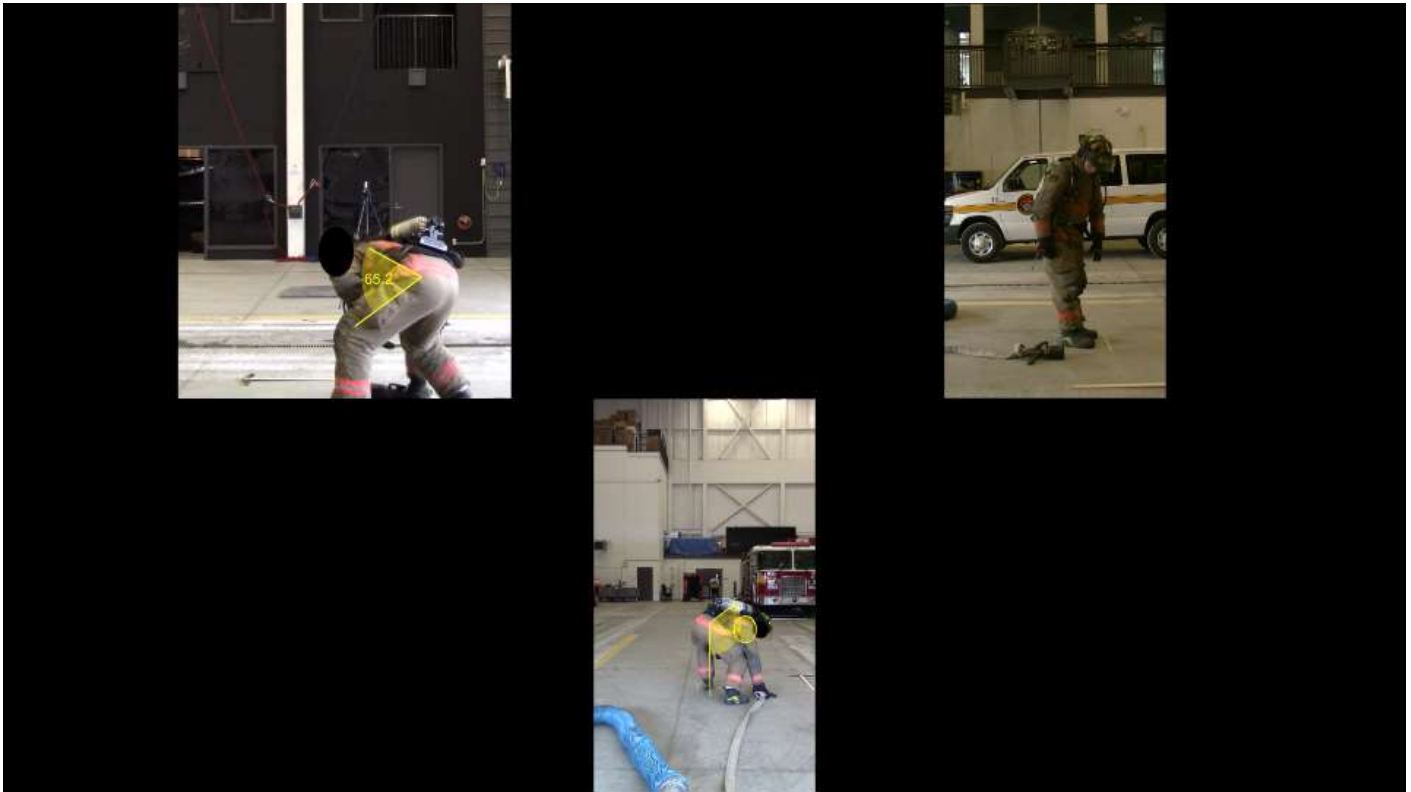
TEAM-FEEDBACK: Hose Drag Start

Participant Information

Sex: Male

Age Range: 20-30yrs

Height: 1.83m



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Trunk Flexion (Forward Bending)

Risk: Back injury

Recommendation: Squat down to pick up hose.

Twisting (Spine)

Risk: Back injury

Recommendation: Stand further behind end of hose.

Lateral Flexion of Spine (Side bend)

Risk: Back injury

Recommendation: Reduce combination of forward and side bending at the spine.

Stand further behind nozzle to reach down while bending the knees. Doing so will also allow for better shoulder position below shoulder height as opposed to above.