



TEAM-FEEDBACK: Hose Drag Start

Participant Information
Sex: Male
Age Range: 20-30yrs
Height: 1.93m



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Right & Left Knee Flexion

Risk: Lower limb injury

Recommendation: Walk the left foot forward to stack the knee over the ankle, forming a 90 degree angle at both knees.

Trunk Forward Flexion (Bending Forward)

Risk: Back injury

Recommendation: Maintain an upright posture as much as possible. This is particularly important when carrying loads.

Shoulder Extension (Reaching behind the body)

Risk: Upper arm injury

Recommendation: Kneel closer to the hose and slightly further behind the nozzle to avoid having to reach backwards.

Trunk Lateral Flexion (Side Bend)

Risk: Back injury

Recommendation: Maintain an upright posture. Kneel closer to the hose to avoid bending to reach for the nozzle.