



FIREWELL

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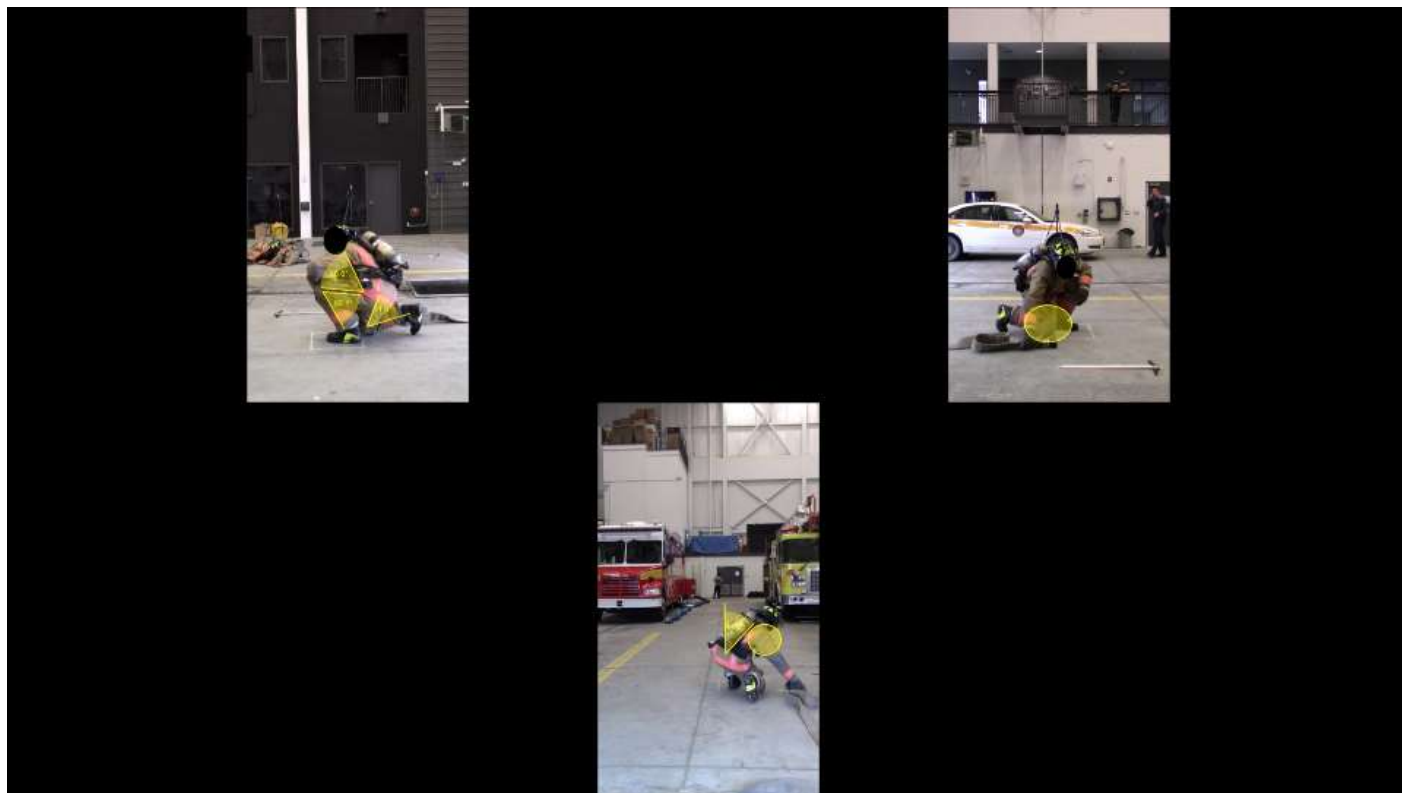
TEAM-FEEDBACK: Hose Drag Start

Participant Information

Sex: Male

Age Range: 20-30yrs

Height: 1.83m



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Trunk Flexion (Bending forward)

Risk: Back injury

Recommendation: Maintain an upright posture as much as possible. Carrying loads in this position increases the risk of injury.

Right & Left Knee flexion

Risk: Lower limb injury

Recommendation: Walk the left foot forward so that the knee is stacked over the ankle forming a 90 degree angle at both knees.

Compressive forces on the knee

Risk: Lower limb injury

Recommendation: Reduce duration of time spent in this posture whenever possible.

Trunk Lateral Flexion (Side bending)

Risk: Back injury

Recommendation: Kneel closer to the hose to avoid having to bend to the side to reach the nozzle.

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

Risk: Upper arm injury

Recommendation: Kneeling closer to the hose.