



FIREWELL

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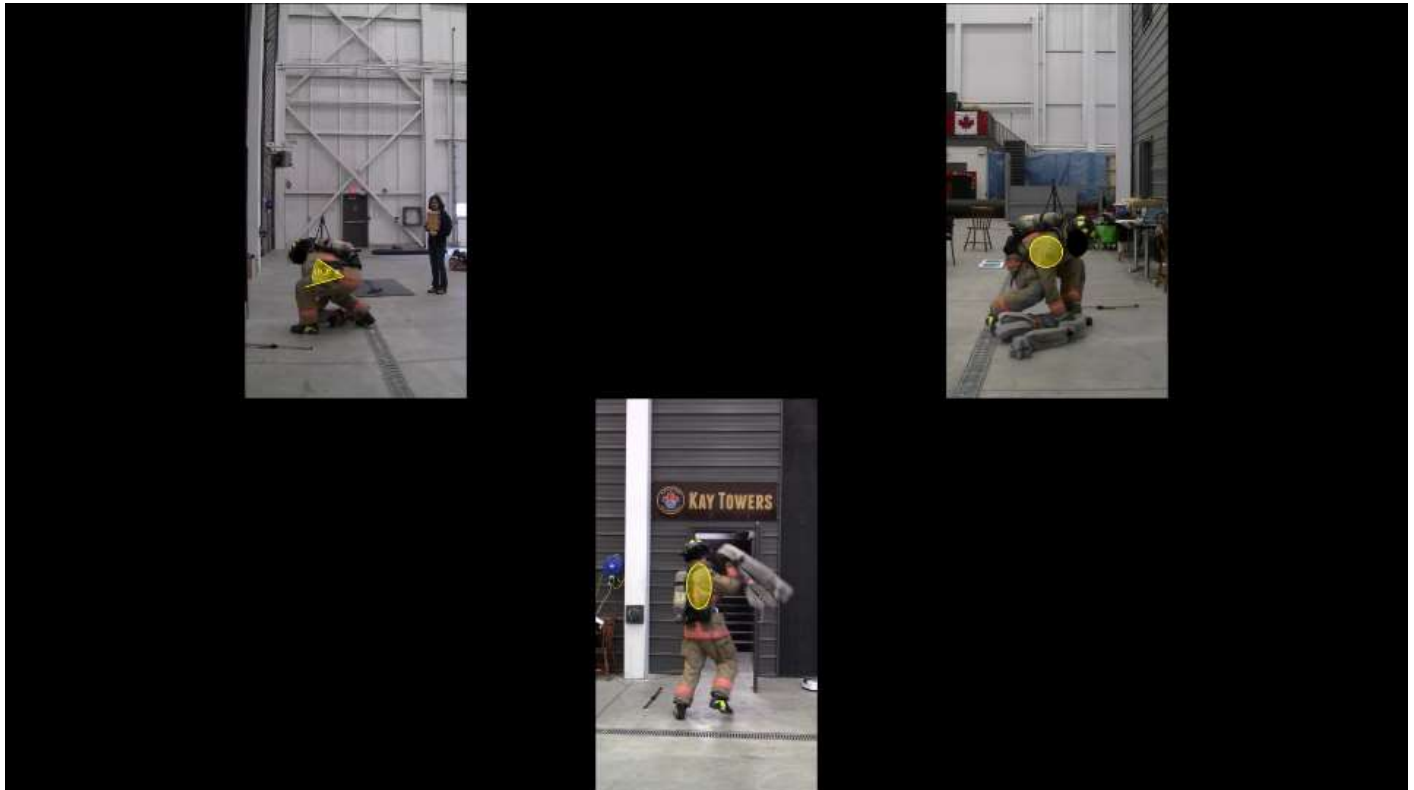
TEAM-FEEDBACK: Stair Climb with High-Rise Pack

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 the hose as opposed to bending forward at the hips.

Shoulder Flexion (Reaching away from the body)

Risk: Upper arm injury

Recommendation: Squat down to reach for the hose.

Twisting through the spine

Risk: Back injury

Recommendation: Minimize twisting through the spine when carrying loads. *High risk*