## **Snow Shoveling & Blowing**

## **Be Shovel Ready This Winter**

Snow shoveling and snow blowing are responsible for thousands of injuries each year and as many as 100 deaths. Be careful!

## **Shovel Right**

- Don't shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only light, fresh, powdery snow



Keep your back straight



Don't turn or

- Push the snow rather than lifting it
- Don't work to the point of exhaustion
- Turn snow blower off if it jams and keep hands away from moving parts

SOURCE: http://www.nsc.org/JSEWorkplaceDocuments/Infographic-Injuries-bythe-Numbers.pdf

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Lift with the legs



twist the body



Proud Member