

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

- ◆ 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

1

Keep your back straight



2

Lift with the legs

3

Don't turn or twist the body

