

## Snow shoveling Tips

By: BLR/Safety National

Shoveling snow can be a strenuous activity. Cold weather can be taxing on the body.

**Wear appropriate clothing**, including a scarf, hat, boots, and gloves. Wear a hat to keep your entire body warmer. Hats reduce the amount of body heat that escapes from your head. Wear insulated, waterproof gloves to keep your hands dry and warm. Keep your neck and face protected from the wind with a scarf or a knit mask. Use insulated and waterproof boots to protect your feet. Check to make sure your boots have a good rubber tread for slippery conditions.

**Take frequent breaks** in warm areas and warm up before shoveling or cleaning off your car. Keeping warm is important to prevent hypothermia and frostbite from occurring. Be conscious of how long you stay outside shoveling.

**Scoop small amounts of snow** at a time with your shovel and try to push the snow instead of lifting it, if possible. This will keep you from exhausting yourself before the work is done. Use the proper lifting technique when shoveling. Keep your back straight, lift with your legs, and do not turn or twist the body.

**Keep a flat-footing** when walking in the snow or ice, especially over paved surfaces. Take short steps and walk at a slower pace so that you are able to react carefully and quickly to a change in traction.