



Shoveling Snow

Shoveling your walkway or driveway is a necessary chore during the winter.

This can be a tricky task, as snow is difficult to lift and ice creates a slipping hazard. To make shoveling snow as safe as possible, learn how to use the right equipment, and how to lift in order to prevent injury.

Prevent Back Injury

- Stretch and warm up before you begin.
- Place your body directly in front of the area you intend to shovel.
- Lift with your legs, not with your back.
- Do not work too fast.
- Take short breaks so you don't work to the point of exhaustion.
- Shovel small amounts so you don't attempt to lift too much weight.
- Shovel fresh snow before it gets packed down and becomes heavier to lift.



Use the Proper Equipment

- Choose a shovel that is curved and a handle that allows you to adjust the length. This will minimize your need to bend at the knees.
- Use rock salt, sand, or kitty litter to melt snow and reduce the risk of slipping on ice or packed down snow.
- Wear sturdy boots with good tread that will help you keep your footing on snow and ice.

Resources

[Techniques to Prevent Low Back Injuries](#)

[Why do People Die Shoveling Snow?](#)

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Don't learn safety by accident