

# Snow Shoveling Safety

With the winter weather and snow here we want to take a moment to identify how to safely shovel a driveway or sidewalk.

Every year shoveling snow sends more than 11,000 people to the hospital every year.

About 100 people die from heart attacks while shoveling snow.

- If you have heart attack risk factors don't shovel snow
  - Start early and clear areas often
  - Dress with warm breathable clothing and slip resistant shoes
  - Pace yourself and if you experience any chest pain or discomfort call 9-1-1
- Push the snow instead of lifting it. If you must lift it make sure you lift with your legs not your back
- Throw the snow forward, never to the side or over your shoulder. This causes your back to do a twisting motion that stresses your back.

## SNOWBLOWING TIPS

- Never stick your hands by the blades. Shut engine off and use stick to clear any jam
  - Watch your path and avoid any objects in your path such as dog leads
  - Do not use under the influence of alcohol or narcotics

Be safe this winter!



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