



WINTER - SNOW REMOVAL

Snow Shoveling

TO REDUCE YOUR RISK OF INJURY, PRACTICE THESE SAFETY TIPS

Hazards

⚠️ Overexertion & Actions

- Heavy loads or wet snow
- Bending and twisting

⚠️ Slips, Trips, & Falls

- Ice and snow
- Changes between surface types
- Curbs or other changes in elevation
- Uneven or poorly maintained walkways or parking lots

⚠️ Struck By & Contact

- Shovel
- Vehicle traffic or plows

5 Safety Tips

- 1** Dress appropriately for the conditions. Dress in several layers to help maintain comfort and limit sweating. Wear high visibility gear or other PPE per policy.
- 2** Warm up your muscles. Perform simple movements and stretches prior to starting. Start slow and take short pauses as needed.
- 3** Choose the right shovel for yourself and the conditions. Small blades and bent handles tend to minimize effort and bending.
- 4** Follow the plan. Start early as fresh snow tends to be lighter and easier to move. Repeat often to keep shoveled loads more manageable.
- 5** Protect your back. Use a wide stance to improve balance and to engage your legs. Limit bending at the waist. Push the snow when possible. Limit twisting by turning in the direction you are throwing the snow.

PPE

ADHERE TO POLICY

✔️ Personal Protective Equipment



Winter Footwear



Gloves



Hi-Visibility Vest

General Safety Tips

- ✔️ Pay close attention to what your body is telling you. Shoveling can put your cardiovascular system under elevated stress.
- ✔️ Do not shovel more than you can handle. Work in teams
- ✔️ when necessary and break work into sections.
- ✔️ Pay attention and stay focused on the task at hand.
- ✔️ Inspect and maintain your area, equipment, and tools prior to each use.
- ✔️ Always ask questions when you are unsure of something.
- ✔️ Report hazards and damaged equipment.
- ✔️ Sand and salt for yourself and others.