

Shoveling

TO REDUCE YOUR RISK OF INJURY, PRACTICE THESE SAFETY TIPS



5 SAFETY TIPS

- 1 Ensure there is a plan in place for shoveling, sweeping, salting, and sanding all walkways, stairways, and parking lots that your employees will use through the winter.
- 2 Dress appropriately. Dress in several layers so they can be removed to maintain comfort and limit sweating.
- 3 Warm up your muscles. Perform simple movements and stretches prior to starting. Start slow.
- 4 Choose the right shovel. Use the right shovel for the conditions and yourself. Smaller blades and bent handles tend to minimize effort and bending.
- 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.

General Safety Tips

- ⚠ Stay hydrated. Limit caffeine or nicotine before shoveling as these can add stress to your cardiovascular system.
- ⚠ Wear warm PPE for the task at hand and according to the company's policy.
- ⚠ Do not carry more than you can handle. Work in teams when necessary and break work into sections.
- ⚠ Keep the load as close to your body as possible. Lift smaller amounts of snow and lift from your "Power Zone".
- ⚠ 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 unsafe conditions.
- ⚠ Follow appropriate lockout tagout protocol according to your company's policy.

HAZARDS



Overexertion & Actions

MUSCULAR SKELETAL DISORDERS

Slip, Trip, Fall

ICE AND SNOW

PPE



Slip-Resistant Footwear



Gloves

Personal Protective Equipment

ADHERE TO POLICY

MEMIC