



## Snow Removal Safety

During the winter months snow removal may be a common house chore but it brings risks of injury and at times even death. Here are some suggestions to help keep you safe while removing snow from around your home.

1. Consider checking with your doctor to see if it is safe for you to shovel snow.
2. Warm up and stretch before you start snow removal.
3. Dress appropriately for snow removal. Wear mittens, hat, warm socks and boots.
4. Determine the amount of time you will spend outside shoveling snow before you take a break.
5. Use a shovel that is sized for you to help prevent a back injury. Lift with your legs, not your back. Keep your back straight. Turn your whole body, don't twist.
6. If the snow is too heavy try pushing it instead of lifting it. Consider snow removal more frequently instead of waiting to for the snow fall to pass, (removing it all at one time).
7. When the snow is clear consider spreading sand, salt, or kitty litter to prevent ice formation on cement walks and stairs.
8. If you use a snow blower take the time to be familiar with it. Read the instructions so you know how to safely operate it.
9. Before starting the snow blower, be sure it is in good operating condition. Check the oil level. Refuel before the machine is warm.
10. If the chute gets blocked by snow or ice turn machine off and allow it to come to a complete rest. Only then use a stick or scraper to unclog the blower. Never place your hands in the chute of the snow blower.

