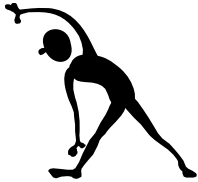


QUICK TIPS FOR SAFER SNOW SHOVELING

Shoveling is a rigorous aerobic activity that places great physical demands on the body. The following provides quick tips for reducing the exposure to injury that shoveling presents.



1. **Wear adequate winter clothing while clearing snow.** Being outdoors during the winter always carries the risk of frostbite and hyperthermia. Dress in layers to keep warm and to make it easy to remove extra clothing if you get overheated from exertion. Wear warm, water resistant footwear that provides good traction.



2. **Warm Up Your Muscles.** Before you begin shoveling, warm up your muscles for 10 minutes with light stretching and exercise. Walk around a bit or march in place for 3-5 minutes. Then stretch your back, arms, and legs.



3. **Shovel early and often.** Newly fallen snow is lighter than heavily packed or melted snow.

4. **Push the snow instead of lifting it.** Use “back-saver” design shovels where available. Keep the shovel close to your body. Space your hands on the shovel. It increases your leverage.



5. **If you must lift the snow, lift it properly.** Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Exhale when lifting. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Never remove deep snow all at once. Shovel an inch or two, rest, and repeat.



6. **Do not throw the snow over your shoulder or to the side.** This action requires twisting and stresses your back.
7. **Pace yourself.** Shoveling snow is an aerobic activity, comparable to weightlifting. Take frequent breaks and replenish fluids to prevent dehydration, which affects muscle performance.