

# SNOW SHOVELING SAFETY

**DO**

Keep your back straight, knees bent, and arms near your body.



Stand up to lift with your legs.



Turn your body so your toes face the shovel.



Bend your knees to drop the snow.



**DO NOT**

Reach or bend your back.



Only use your arms.



Twist your back.



Throw the snow.



When you take a break, prop up your shovel. ✓

Do not bend your back to pick up shovel. ✗



Shovel small loads of snow.

If snow is heavy, use a snow blower or ask for help.

