

Snow Shoveling Safety

1



Do not shovel after eating or while smoking.

2



Take it slow and stretch out before you begin.

3



It's easier to shovel fresh, powdery snow; it's lighter.

4



It's recommended to check with your physician first before shoveling snow if you have a history of heart disease. Know the signs of a heart attack and call 9-1-1 immediately, if experiencing any of those signs.

5

Push the snow rather than lifting it. If you do lift it, use a small shovel or only partially fill the shovel. If using a snow blower, never leave it unattended when it's running. If the blower jams, turn it off and keep your hands away from the moving parts. Be aware of the carbon monoxide risk of running a snow blower in an enclosed space. Add fuel outdoors, before starting and never add fuel when it is running.



6



Lift with your legs, not your back.



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