

RISKS

- Slipping and falling
- Back injuries/pulled muscles
- Overheating/exhaustion
- Dehydration
- Heart attack
- Frostbite
- Hypothermia

SAFETY & EFFICIENCY TIPS

- Dress in breathable layers, avoiding heavy wools and non-moisture-wicking clothing
- Wear quality, outdoor waterproof boots with good traction
- Wear reflective high-visibility clothing
- Have extra clothes available in case clothing gets wet
- Stretch before and after shoveling
- Shovel snow in intervals, taking breaks
- When possible, clear snow every 1 to 2 inches vs. shoveling larger accumulations
- Never lift and twist with your back. Always lift with your knees and use your feet to carefully alter direction
- Push snow instead of lifting whenever possible
- Use extreme caution when shoveling near roadways and aisles. Always look for traffic prior to stepping off a curb
- Do not use headphones. Make sure you can hear any oncoming traffic or people
- Drink water consistently and frequently to replace lost water from sweating (similar to the amount you would drink during a vigorous workout)