

# Stay Safe While Shoveling



While shoveling snow can be good exercise, it also be deadly for overly optimistic shovelers who take on more than they can handle. The Safety Council offers the following suggestions to make shoveling safer and more enjoyable this winter: Individuals 40 years of age and older should be careful, especially those who are relatively inactive.

If you have a history of heart trouble, do not shovel without a doctor's permission.

Take it slow! Shoveling can raise your heart rate and blood pressure dramatically. Be sure to stretch out and warm up before you start.

Shovel only fresh snow since it is easier to shovel than the wet, packed-down variety.

Push the snow as you shovel. It is better for your back than lifting the snow out of the way.

Don't pick up too much at once. Use a small shovel, or fill only one-fourth to one-half of a large one.

Lift with your legs bent and your back straight. By bending and "sitting" into the movement, you'll place less stress on your spine. Let your shoulder, torso and thighs do the work for you.

Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.

Dress warmly. Remember that extremities, such as the nose, ears, hands, and feet, need extra attention during winter's cold. Be sure to wear head and face protection, mittens, wool socks and waterproof boots.



**Greater  
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