



Lead, Serve, Support

## SNOW REMOVAL

SAFETY MATTERS

Clearing snow combines heavy lifting and cold weather which can result in back, shoulder, and other injuries if proper precautions aren't taken.

### DRESS APPROPRIATELY

- \* Wear light, layered, water-repellent clothing.
- \* Don't let your scarf, hat, or eyewear interfere with your vision.



### KEEP YOUR FEET ON THE GROUND

- \* **Wear boots with good tread and/or traction/gripping devices, i.e., Yaktrax.**
- \* **Spread sand, de-icer, or kitty litter on the sidewalk and driveway before starting.**



### SHOVEL SAFELY:

- \* Start with a plan... to move the snow once.
- \* Stretch to warm up your muscles.
- \* Use an ergonomic, light-weight shovel.
- \* Push rather than lift the snow, moving a little at a time.
- \* **Use proper body mechanics:**
  - ✓ Bend your knees
  - ✓ Keep your back straight
  - ✓ Lift with your legs, not your back
  - ✓ Don't twist!
- \* Try spraying the blade with cooking oil, WD40, or silicone if the snow sticks to the shovel.
- \* Pace yourself - take frequent breaks; replenish fluid.



SHOVEL SMARTER,  
NOT HARDER!  
Snow Joe Shovelution with spring assist handle



### SNOW BLOWER SAFETY TIPS:

- \* Never stick your hands or feet into a snow blower if it becomes impacted. Stop the engine; wait for all moving parts to stop; and use a long stick to clear the wet snow or debris.
- \* Watch the cord on an electric snow blower so it doesn't get pulled in and severed by the auger or cause you to trip and fall.
- \* Add fuel before starting - never add fuel to a hot or running engine.
- \* Never start or operate a fuel-powered snow blower in a poorly ventilated area due to the risk of carbon monoxide poisoning.
- \* Never leave a running snow blower unattended.

**CLEAR SNOW EARLY AND OFTEN... BEFORE IT GETS DEEP OR COMPACTED!**

