



Lead, Serve, Support

SNOW REMOVAL

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.



THE HEFT – an ergonomic secondary handle for shovels, rakes, etc.



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!

SAFETY MATTERS