

Shovelling Safely



Personal Checklist

Use this checklist to ensure that you are following safety practices while shovelling at home or on the job.

Prepare

- Perform a Warm-Up**
 - Perform some hip hinges and shoulder hinges to help facilitate the 'Big 3'
 - Add in balance and core activation exercises to reduce your risk of slipping
- Wear Proper PPE**
 - Ensure proper clothing is worn in accordance with temperature and weather conditions
 - Wear boots that provide grip and stability for slippery situations
- Designate a Call Person**
 - Notify a reliable person that you are outside alone in the event of an emergency

Maintain

- Use the 'Big 3'**
 - Establish a wide stable base, anchor your shoulders and hinge at your hips
 - Avoid rotating to throw the snow behind you, move your feet and throw it beside you
- Take Interrupt Breaks**
 - Take a moment to perform a back extension or shoulder rolls to refresh your posture
 - Switch sides frequently to ensure left right balance
- Choose the Right Shovel**
 - Use a lightweight shovel with a blade that matches the task you intend to use it for and don't overfill your shovel
 - Use a straight handle shovel for lifting snow, and a bent handle shovel for pushing snow

Recover

- Stretch After**
 - Take some time after to stretch your neck, forearms and hamstrings after you come inside
- Notify Call Person**
 - Notify your call person that you have completed your task

Helpful Tips

- If the ground is particularly icy you could wear ice cleats for extra traction
- If snow is wet and heavy only fill your shovel half way before throwing
- Use environmentally friendly salt or snow melt to prevent snow build up
- Go out more frequently instead of waiting for the snow to finish to lighten the load
- You can use an ergonomic handle attachment to reduce the distance to the handle
- If you are young and able, become a snow angel and help an elderly neighbor

