

Safety Tips

Shoveling Snow

- Shoveling snow can be excellent exercise, but it can also be hazardous to people who overdo it.
- If you are older than 40, or if you aren't in good shape, be careful.
- If you have a history of heart trouble, check with your doctor before grabbing that snow shovel and clearing the driveway or sidewalk.
- Don't shovel snow just after you eat.
- Don't smoke while shoveling.
- Pace yourself. Snow shoveling is a strenuous exercise that raises both your pulse and blood pressure. Treat shoveling like an athletic event: warm up before you start, and stretch during and after shoveling.
- Try to shovel fresh snow, which is easier to handle than snow that has partly melted or become packed-down.
- Try pushing the snow forward instead of scooping and lifting it.
- Push or pick up small amounts at a time.
- Concentrate on using your legs instead of your back. Bend your legs and keep your back straight.
- Take breaks. And don't work until you are exhausted.
- If your chest feels tight, stop immediately.
- Wear layers of clothing, and keep your hands and feet warm.