



BEFORE IT SNOWS:

- Walk & know your areas
- Be knowledgeable of the equipment you are running - Ask if you don't know
- Make a mental note of uneven sidewalks, hidden drains, curbs, drop-offs, etc.
- Plan how you will efficiently clear your areas
- Plan where you will put the snow
- Discuss teamwork scenarios when needed (e.g., if you are short-handed, or there are heavy snows or big storms)

WHEN SHOVELING:

- Stretch & loosen your muscles: Before, During, After
- Drink water; stay hydrated
- Dress for the weather, **wear required safety studs**
- Pace yourself & take mini-breaks every 10-15 minutes
- *PUSH* the snow when possible
- When lifting the snow, keep the shovel close to your body, don't overreach and lift with your legs
- "Walk like a penguin" on snowy or icy conditions

IF SNOW IS MORE THAN 4 INCHES:

- Remove snow in layers
- Do not fill entire shovel blade

TO EMPTY THE SHOVEL:

- Don't twist & throw
- Turn your entire body, walk to the place you will deposit the snow
- Try not to "throw" the snow

STOP AND SEEK HELP IF YOU HAVE:

- Chest pain or shortness of breath
- Dizziness or nausea
- Extreme fatigue
- Sharp muscle pains

REPORT INJURIES, DAMAGED EQUIPMENT, UNSAFE AREAS