

Don't let the snow get you down!
Follow these shoveling tips to prevent injury this season:

- Use a shovel with a curved handle or an adjustable handle length to minimize painful bending
- Shovel should be small and lightweight to reduce the amount of weight you are moving
- Wear proper footwear to avoid slips and falls- spreading sand, rock salt or kitty litter on your sidewalk and driveway will also help to increase traction
- WARM-UP and STRETCH before and after shoveling snow
- Drink water before, during and after shoveling! Dehydration is just as big an issue in cold winter months as it is in summer
- Keep the heaviest part of the object close to your body at your center of gravity
- Shovel early and often
- In deep snow, remove a few inches at a time
- When lifting, grip the shovel with one hand as close to the blade as possible with the other hand on the handle
- Bend at hips, and knees keeping your back straight, lifting small loads of snow at a time
- Always face towards the object you are intending to lift, and pivot entire body when turning - avoid twisting your spine
- Walk to the new location to deposit the snow rather than reaching and tossing
- Listen to your body: avoid over-exertion and take breaks if necessary
- Ask for help! Know your limitations