**Safe Job Procedures**

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| Name of Job:  **Shoveling Snow** | Development Date:  **March 30th, 2011** | Developed By:  **CSNS** |

**Possible Hazards Present**

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| Slips, trips and falls | Musculoskeletal injury (MSI) | Heart attack/Stroke | Dehydration |
| Frost bite |  |  | . |

**Personal Protective Equipment (PPE) and Devices Recommended**

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| Steel toed boots | Hand protection | Eye protection |  |
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**What is a proper safe job procedure to follow?**

* Warm up muscles for 10 minutes with stretching
* Early and often – newly fallen snow is lighter than heavily packed or partially melted snow
* Push the snow:
  + It is better to push the snow rather than lifting it
  + Keep the shovel close to your body
  + Space your hands on the shovel to increase leverage
  + Shovel an inch or two off the top of the snow
  + Use a shovel that feels comfortable for your height and strength
* Lifting the snow:
  + Squat with your legs apart, knees bent and back straight
  + Lift with your legs and do not bend at the waist
  + Scoop small amounts of snow into the shovel and walk where you want to put it, do not twist
* Pace yourself – take frequent breaks and replenish fluids to prevent dehydration.