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Safe Job Procedures

Name of Job: Shoveling Snow	Development Date: March 30th, 2011	Developed By: CSNS
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Possible Hazards Present

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

Personal Protective Equipment (PPE) and Devices Recommended

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.

Please note: This document is for information purposes only as a guide. The safe job procedures (SJP) and safe work practices (SWP) created for your workplace should reflect your organizations processes, equipment and hazards as identified by a hazard analysis. Construction Safety Nova Scotia does not assume responsibility for the use of information in this document. If assistance is needed to complete a SWP and SJP for your organization please contact CSNS member services at constructionsafetyns.ca or 1.800.971.3888.