

Snow Removal

Shovelling

While snow shovelling can be good exercise, it can also be dangerous for optimists who take on more than they can handle.

- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs bent, not with your back. Do not toss snow over your shoulder or to the side.
- Avoid shovelling snow if you are out of shape. If you have a history of heart trouble, do not shovel snow unless your doctor approves.
- Pace yourself and don't work to the point of exhaustion. Shovelling can raise your heart rate and blood pressure dramatically. Take frequent breaks.
- Dress warmly, paying special attention to feet, hands, nose and ears. Change out of wet clothing as soon as possible.
- Don't drink alcohol while shovelling snow and don't smoke while shovelling.



Snow Blowers

Snow blowers or throwers aren't toys. These machines may help you efficiently remove snow from driveways and sidewalks, but they also cause thousands of emergency room visits each year.

- Make sure you understand your owner's manual safety procedures thoroughly.
- Be sure you have good visibility or light.
- Walk, never run.
- Keep the area clear of pets and people, especially children.
- Clear the area of all obstacles that can clog the chute.
- Never put your hand in the snow blower to remove snow or debris. Turn it off and wait a few seconds, then use a stick or broom handle.
- Never leave the snow blower unattended and do not let kids operate it.
- Dress properly for the job. Wear boots that give you good footing on slippery surfaces and avoid loose fitting clothes that can get caught.
- Do not attempt to clear steep slopes.