Clearing Snow and Ice Safely

Heart attacks, back strain and muscle soreness are just a few of the problems attributed to shovelling snow. Here are a few safety tips for snow shovelling and blowing.

* If you have had a heart attack, have heart disease, high blood pressure, or high cholesterol, you probably do not want to do the shovelling yourself. At the very least, you should consult your doctor before attempting it. Know the warning signs of a heart attack including chest, shoulder or neck pain, dizziness, fainting, shortness of breath, or nausea. If you think you are having a heart attack, seek medical assistance immediately.

* Smokers may want to resort to a snow blower - and certainly you should never smoke while shovelling. Tobacco smoke constricts blood vessels just as cold air does; the combination can be dangerous.

* Caffeinated products are strongly discouraged as well. The caffeine may increase your heart rate and cause your blood vessels to constrict, just like smoking does. Water is obviously the best to rehydrate, but if something hot is needed, drink hot chocolate or herbal tea!

* Dress in several layers so you can remove a layer as needed.

* Warm up your muscles before shovelling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.

* While shovelling stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow.

* Avoid twisting movements. If you need to move the snow to one side, reposition your feet to face the direction the snow will be going.

* Most importantly…Listen to your body, if you feel pain, STOP!

***REMINDER – OSHA 40 and 62 due March 1st 2021

Job#_____ Job Name _____ Date 2/11/2021

OSHA SAFETY TRAINING CERTIFICATION FORM
Toolbox Topic Covered: Clearing Snow and Ice

Training led by: _____ Date: **2/11/21**

Print Name	Signature