

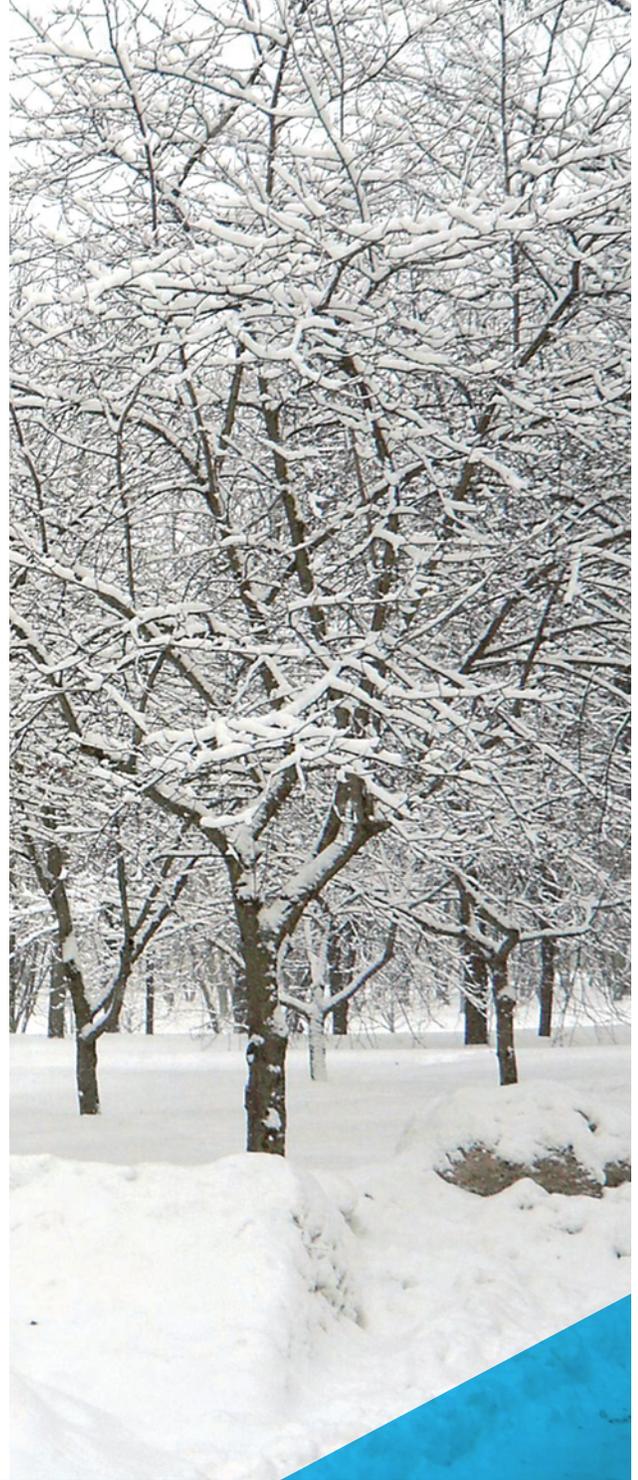
Winter Snow Removal Safety

Snow Shoveling Safety

- Pace yourself and don't work to the point of exhaustion. Shoveling can raise your heart rate and blood pressure dramatically. Take frequent breaks.
- 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 your back. Do not toss snow over your shoulder or to the side.

Snow Blower Safety

- Make sure you understand your owner's manual safety procedures thoroughly.
- Be sure you have good visibility or light.
- Keep the area clear of other workers.
- 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.
- 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.



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Safety Tip #119



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