



Safety Share

Shoveling Technique

Avoid shovelling after prolonged rest as your back is more vulnerable to injury. Warm up for 5 to 10 minutes by marching on the spot, climbing stairs or taking a quick brisk walk. Gently stretch the back, arms, shoulders and legs. Avoid throwing over one shoulder or to one side. Use the proper shovel for your specific task.



1. Grip shaft close to blade.



2. Using a wide stance, tighten abdominal muscles and bend with your hips and knees (back straight). Place front foot close to blade.



3. Shift weight to the front foot and use leg to push blade through the material.

4. Shift weight to rear foot and lift with your legs. Keep load close to body.

5. Turn feet in direction of throw.