Choose the right snow shovel.

**Shovel length**
The shovel should come up to about chest height when standing upright. The goal is to reduce the amount of bending required.

**Scoop size**
The larger the shovel’s blade, the more snow it can hold, which means more strain on the body. Move small amounts of snow at a time. The wetter the snow, the smaller the scoop.

Use good shoveling technique.

- Push snow instead of lifting it where possible.
- If you must lift, follow these steps:
  - Keep feet wide apart.
  - Put weight on front foot close to the shovel and push shovel straight ahead.
  - Shift weight to rear foot and keep shovel-load close to body. Lift with arms/legs, not your back.
  - Turn feet in the direction of throw and pivot entire body rather than twisting at the waist.

Protect your heart and muscles.

- The combination of cold temperatures and physical exertion increases the workload on the heart. Do not shovel without a doctor’s permission if you have a history of heart disease.
- Warm up your muscles before starting.
- Start slowly and take frequent breaks.
- Listen to your body. Stop if you feel pain.

Use good ice chopping technique.

- Keep a loose grip. “Throw” the ice chopper and release grip before impact with ice. This will protect your muscles and bones from the force of the impact.
- Switch hands and tasks periodically.
- Take periodic breaks and stretch.
- Check ice chopper for wear or weak rivet. Report damage or dull blade to your supervisor.