

## Help Prevent Injuries Use Proper Shoveling Techniques

## Consider using the non-dominate hand



Using an ergonomically correct shovel, bend low at the knees.

Scoop and lift upward with your legs. Do not lift with your back! Turn sideways without twisting your back. Point your feet in the direction you are throwing, and toss the snow.

If snow is deeper than one foot, use your shovel as a blade to chop it down before shoveling it up.