



## Topic: Shoveling

### General Safety Tips

- Warm up with light stretching or a short walk before shoveling
- Use a lightweight, ergonomic shovel to reduce back strain
- Avoid oversized shovel scoops that increase lifting effort
- Wear layered clothing and waterproof boots with good traction
- Bend at the knees and lift with your legs—\_avoid twisting when throwing snow
- Push snow when possible, instead of lifting
- Take breaks every 10 to 15 minutes to prevent overexertion
- Drink water regularly to stay hydrated
- Start shoveling early and continue as snow accumulates to prevent packed or icy buildup
- Apply salt or sand to icy or slippery walkways
- Monitor walkways and parking lots throughout the day for new accumulation or freeze/thaw conditions
- Begin snow removal before employees arrive to maintain safe access
- Stop shoveling immediately and consider medical attention if you experience chest pain, dizziness or shortness of breath

### Topics to Discuss

- Proper warm-up techniques before shoveling
- Choosing the right shovel for safe, efficient snow removal
- Correct lifting and pushing techniques
- When and how to use salt, sand or ice melt
- Importance of early and ongoing snow removal
- Hydration and pacing during strenuous winter tasks
- Health risks and when to avoid shoveling
- Identifying high-risk areas for ice buildup around the workplace

### Resources

For more information about this topic, visit:

- [Footwear Guide](#)
- [Slip, Trip and Fall Prevention: Sample Program](#)
- Safety Poster: [English](#) | [Spanish](#)
- [Accident Investigation Kit: Slips, Trips and Falls](#)
- [OSHA.gov](#)



# Safety in Five

**Topic:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Meeting Organizer:** \_\_\_\_\_

**Organization Name**

\_\_\_\_\_

**Items Discussed:**

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**Problem Areas or Concerns:**

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**Attendees (Names/Signatures):**


**Comments:**

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