



Canadian winters are a time when you will see a lot of snow.



Removing snow and ice from around your home is an essential winter safety activity. Putting salt or sand on the ground after the removal of ice and snow is a great way to reduce possible injuries. Snow removal in itself can be hazardous if precautionary measures are not taken seriously. Taking a few simple precautions when shoveling snow can help make this common winter task more enjoyable and help protect you from unwanted injuries.



The NB Trauma Program, and our provincial stakeholders, would like to remind you that most injuries can be prevented!

We encourage everyone to learn more about how to stay safe during winter months.

For more information on winter safety and other injury prevention topics, for people of all ages, please visit [www.NBTrauma.ca](http://www.NBTrauma.ca).



NB Trauma Program  
Programme de traumatologie du NB

Horizon Health Network  
Réseau de santé Horizon

Vitalité Health Network  
Réseau de santé Vitalité

Ambulancio NB

New Brunswick Department of Health  
Ministère de la santé du Nouveau-Brunswick

[www.NBTrauma.ca](http://www.NBTrauma.ca)

 @TraumaNB

Be aware and take care.

# SNOW SHOVELLING SAFETY



NB Trauma Program  
Programme de traumatologie du NB





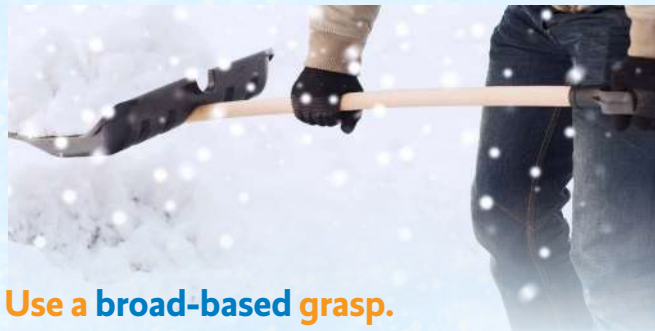
### Warm up and stretch your shoveling muscles.

Especially your legs, arms and back, before going out into the cold. Lunges and jumping jacks are a good way to get your blood flowing to your muscle.



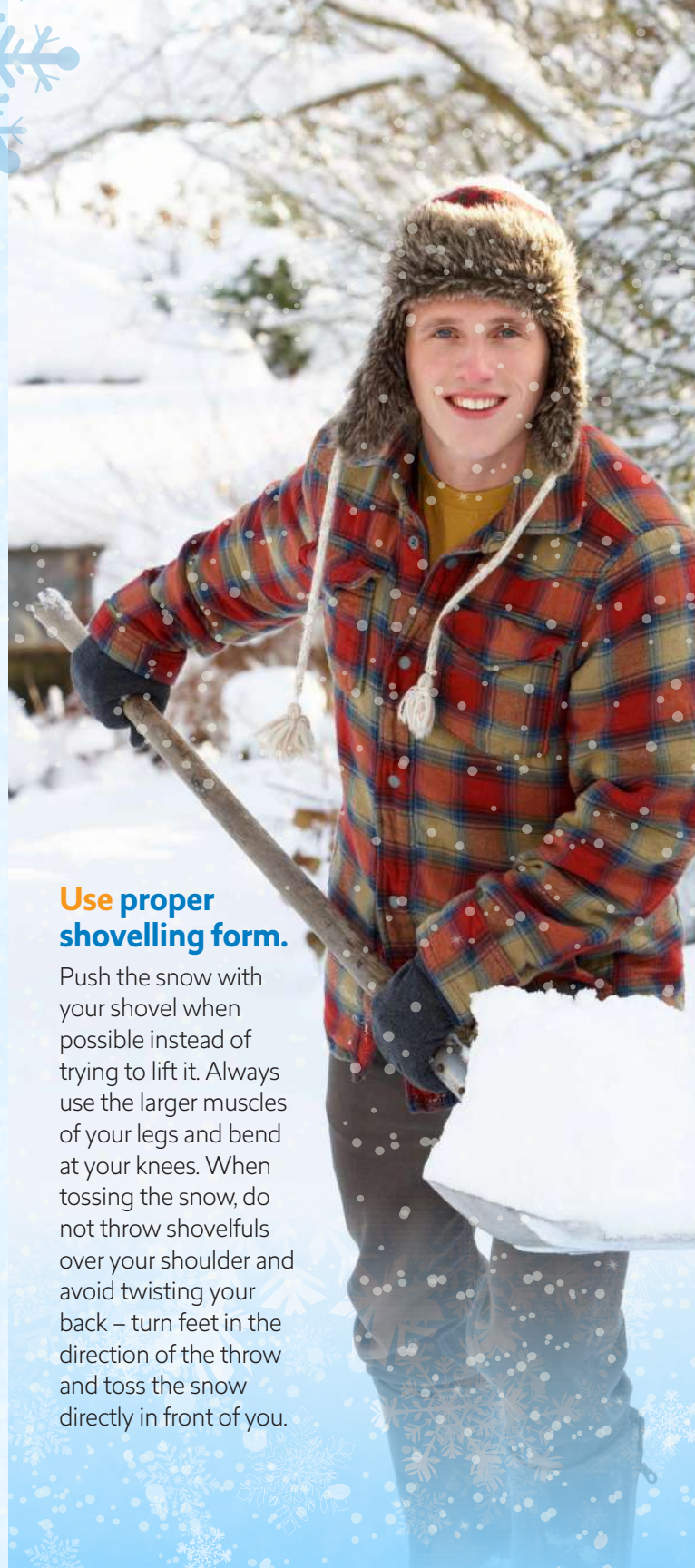
### Choose a shovel that is the right fit.

If the shovel is too big, you may have to push and lift a load that could be too heavy. On the other hand, a shovel that is too small will increase the time it takes to complete your task, allowing for more repetitive strain on your back.



### Use a broad-based grasp.

With your hands spaced shoulder-width apart on the handle once the proper shovel is chosen. This will provide the leverage necessary to efficiently and safely finish the job.



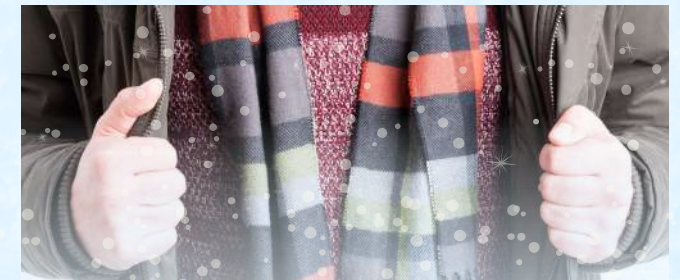
### Use proper shovelling form.

Push the snow with your shovel when possible instead of trying to lift it. Always use the larger muscles of your legs and bend at your knees. When tossing the snow, do not throw shovelfuls over your shoulder and avoid twisting your back – turn feet in the direction of the throw and toss the snow directly in front of you.



### Pay attention to your body's signals.

Such as minor aches and pains or tiredness and fatigue. Remember, heavy exertion and cold temperatures can be a dangerous combination. Take a break every 15 minutes to stand up straight, walk around, and drink water or another non-alcoholic beverages to avoid dehydration and overheating.



### Choose appropriate winter clothing and footwear.

It is important to wear several layers of warm lightweight clothing that allows you to move easily when shoveling. Make sure that your head (especially your ears) and hands are also well covered. Remember to stay visible when clearing the snow by wearing brightly colored and/or reflective clothing. The choice of a light weight, well insulated and waterproof boots with a thick, non-slip tread sole can improve your footing on slippery surfaces.



### Consider getting some help

Get some help from your family, friend or neighbor if you feel that the area that needs to be cleared is too large to shovel alone. You may also need to consider using a snow blower or a snow removal service as an alternative means of snow removal.