



SAFETY TALK

Shoveling Snow Manual Material Handling

Winters in Manitoba usually means tons of snow! Shoveling is one of the leading causes of strains and muscle injury throughout the heavy construction industry in the winter.

Explain dangers

The following hazards may result in strains or sprains:

- Ground instability
- Twisting your back when shoveling
- Lifting heavy loads with a shovel
- Stretching to reach the snow you are shoveling
- Bending while shoveling or digging for long periods

- No matter the material you are shoveling, always try to “skim off the top.” Do not pick up more than 10 pounds with any shovel at one time
- Avoid stretching and reaching
- Always select the right tool for the job; pay attention to blade type, handle length, and grip of shovel
- Take mini-breaks after 20-30 minutes of continuous shoveling or digging

Identify controls

These safe work procedures can protect you from injury:

- Face yourself in the direction you will throw the shoveled snow and stand with feet apart, with one in front of the other to improve stability
- Allow your whole body to help, instead of just your arms and back

Demonstrate

Have the crew describe a few tasks where shoveling is required:

- Can shovel use be eliminated by mechanical means?
- Is the proper shovel available on the job?

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Performed by: _____

Concerns:

Employee Name:

Supervisor: _____

Location: _____

Corrective Actions:

Employee Signature:

