



SAFETY TALK

Shoveling snow

Shoveling is one of the leading causes of strains and muscle injury for heavy construction workers.

What's the danger?

Hazards that can result in strains or sprains:

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

- Shovel from the top, not starting at the bottom
- Allow your whole body to help instead of just your arms and back
- Do not pick up too much snow at one time, take multiple smaller amounts
- Avoid extending and reaching while shoveling
- Push the snow rather than lifting and twisting if possible
- Always select the right shovel for the job – pay attention to blade type, handle length and grip of the shovel
- Take short breaks after 20-30 minutes of shoveling

How to protect yourself

- Turn your body to face the direction you will throw the snow
- Stand with your feet apart and one foot in front of the other for improved stability
- Be sure to start slow and pace yourself; lightly stretch muscles to warm up before extended shoveling

Things to consider

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

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

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

