



# SAFETY TALK

## Shoveling snow

Shoveling is a leading cause of strains and muscle injury in the heavy construction industry.

### What's the hazard?

- 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

### How to protect yourself

- Turn your body to face the direction you throw the snow
- Stand with your feet apart, with one foot in front for improved stability
- Start slow and pace yourself. Lightly stretch your muscles to warm up.

- No matter the material you are shoveling, always try to take 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
- Select the right shovel for the job – pay attention to blade type, handle length and grip
- Take short breaks after 20 minutes of shoveling/digging

### 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:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_