

**WINTER WEATHER NOT ONLY BRINGS RAIN AND SNOW BUT INCREASED POTENTIAL FOR INJURIES.**

# Winter Snow Removal Tips



- ❄ **Make shoveling easier by pre-salting steps, sidewalks and walkways prior to snowfall. This will also reduce the chance of ice from forming under the snow.**
- ❄ **Stretch your back and warm your muscles prior to shoveling to reduce the risk of injury.**
- ❄ **Try not to shovel more than 3 inches of snow at a time. Snow gets heavier as it accumulates.**
- ❄ **Use your legs to help lift the shovel, walk the snow to where you want it and twist your wrist to dump the snow, DON'T throw it.**
- ❄ **Take breaks and stretch frequently, warm muscles are less likely to become sprained or strained.**
- ❄ **Let your car warm up before clearing the snow from the windshields.**
- ❄ **Wear the appropriate clothing. Mittens, hats and layers of loose fitting lightweight clothing will keep you warm.**
- ❄ **If using a snow blower, follow the manufacture's instructions and safety precautions.**
- ❄ **Use another layer of salt after you've cleared the snow.**

- ❄ **Place mats at entrance doorways along with wet floor signs.**

