

# SNOW SHOVELING TECHNIQUES



## Assess Your Heart Health

Consult a healthcare professional before shoveling, especially if you have a history of heart issues or are not regularly active, to ensure your heart can handle the exertion.



## Choose the Right Shovel

Opt for a lightweight shovel with an ergonomic design to reduce strain on your body, making the shoveling process more efficient and less physically demanding.



## Proper Posture

Maintain a straight back, shoulder-width apart feet, and bend your knees while shoveling. Avoid twisting your torso to prevent back injuries and strain.



## Don't Rush the Job

Pace yourself during snow shoveling, taking breaks to prevent fatigue, and maintain proper form. Rushing can lead to overexertion and increase the risk of injury.



## Lift Correctly

Lift the snow using your legs, squatting with knees bent, back straight, and engaging your abdominal muscles to avoid using your back.



## Stretch

Warm up your muscles with stretching exercises before and after shoveling to prevent injuries and enhance flexibility.

