

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.



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.



Lift Correctly

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



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.



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.



Stretch

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

