

Shoveling

Many people each year suffer snow shoveling injuries and even deaths which could have been prevented. Those who could be affected by this include everyone of all ages and medical histories. Over exertion should be taken seriously as it could put too much stress on the heart.

- Dress warm and wear layers
- Take breaks often to warm up and rest to avoid overexertion
- Shovel slow and try to push the snow and not lift it
- If you must lift the snow, lift with your legs and take a smaller amount of snow
- Stretch beforehand to avoid injuries
- Instead of waiting for it to finish snowing, clear some snow before it becomes too much to handle in one attempt
- Put rock salt or ice melt on the ground around you so you do not slip and fall
- Remember to hydrate frequently by drinking plenty of water

