

'Tis the Season for Safe Snow Shoveling



Happy Holidays

- Avoid caffeine before shoveling, it is an exercises that will increase your heart rate, which can increase your risk of a heart attack. Drink H₂O to stay hydrated!
- Use an ergonomically correct shovel with a curved handle. Try a plastic vs. metal shovel too as it will be lighter.
- Grip the shovel with hands apart for more leverage.
- Feet should be shoulder width apart and back in good posture to maintain the natural curve of your spine.
- Bend at your knees, NOT your waist and tighten your stomach muscles as you lift the snow.
- Move your feet to avoid twisting at your waist.
- Keep the shovel close to your body and dump the snow in front of you. Do not extend your arms or throw it over your shoulder!
- Shovel small amounts of snow at a time and try to shovel fresh snow before it becomes wet and heavy. (wet snow can weigh up to 20 lbs/shovelful).
- Spray lubricant on the blade to keep the snow from sticking.
- Pace yourself and take frequent breaks. STOP immediately if you feel sharp back pain, chest pain or shortness of breath.



268 Greenwood Ave
Bethel, CT 06801
203-917-4792

www.greenwoodphysicaltherapy.com