



Monthly Spotlight

Date: December 2008

Shovel Tips:

- Stand up straight and ensure that your head and neck are in alignment.
- Place your dominant hand at the top of the shovel.
- Place your other hand on the long handle that leads to the shovel.
- Walk toward the snow until your shovel is full. When moving the snow, turn with your entire body moving your feet, rather than twisting at the waist.
- DO NOT throw the snow over your shoulder or to the side, instead walk with the full shovel and throw directly in front of you.
- Use a shovel that is appropriate for your size. If a shovel is too short, it will cause you to bend over and may lead to back strain.
- Teflon/Paraffin wax coated shovels prevent snow build up
- Bent handle shovels should be used for pushing light snow, such as clearing a path, but should not be used to lift or move snow.
- Start shoveling as soon as possible, newly fallen snow is lightest
- If possible, push the snow rather than lift it
- If at any point you experience pain or chest discomfort stop what you are doing immediately and seek medical attention
- Stay warm! Skin numbness and discoloration (White/Gray) are early signs of frost bite. Immediately remove yourself from the cold and get dry.

Snow Plowing Safety:

- Ensure you are well rested
- Know your route before you start out on the job; i.e. curbs, dips in the road, potholes, manhole covers, etc.
- Perform a pre-use inspection of your vehicle and plow. Ensure the windshield wipers, defroster, lights, brakes, and plow bolts are all in proper working condition
- Frequently check the structural integrity of the plow, cracks frequently form around the center pivot bolt and welds
- If you notice cracks in paint along the plow's welds this is a sign of a "high stress" area and the precursor to that weld giving way in the future
- Inspecting your equipment can not be stressed enough for the simple reason that when something does go wrong it will be in the middle of a snow storm complicating matters exponentially

Sidewalk and Stair Snow Removal:

- Keep up with the storm, OSHA and NFPA standards state that outside means of egress and walking surfaces must free of any impedances or slipping hazards caused by ice and snow.
- Use ice-melt and an ice chippers to remove any slipping hazards
- When removing snow around a door, ensure that the door is allowed to open 100%