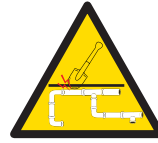




SHOVELLING SAFETY TIPS



Be Prepared

- ✓ Ensure you have been trained on proper shovelling technique
- ✓ Review the site to identify potential hazards
- ✓ Call to have the services located before you dig
- ✓ Warm up with light exercise before shoveling
- ✓ Use appropriate personal protective equipment (PPE):
 - Safety glasses
 - Non-slip safety shoes
 - Gloves
 - Appropriate clothing

Work Safe

- ✓ Be aware of other people and processes in your work area
- ✓ Select the right shovel for the job: Generally a round blade for digging and a square blade for moving loose material
- ✓ Keep work close to your body. Avoid stretching and reaching
- ✓ Push snow if you can instead of lifting it
- ✓ Skim off the top of the pile and avoid picking up too much weight
- ✓ When throwing the material face the direction you will throw, do not twist your back
- ✓ When digging into hard ground press the shovel in to the ground with your foot and use your weight to push it down
- ✓ In cold and hot weather take regular breaks indoors

Finish Right

- ✓ Tidy the work area
- ✓ Clean and put away PPE
- ✓ Let your supervisor know of any safety concerns



Speak up!

If you see a hazard, let a supervisor know. Everyone plays a role in your safety and health.

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For more information contact **Workplace Safety & Prevention Services**

1 877 494 WSPS (9777)     

WSPS.CA/SmallBusiness