

Snow Shoveling Ergonomics

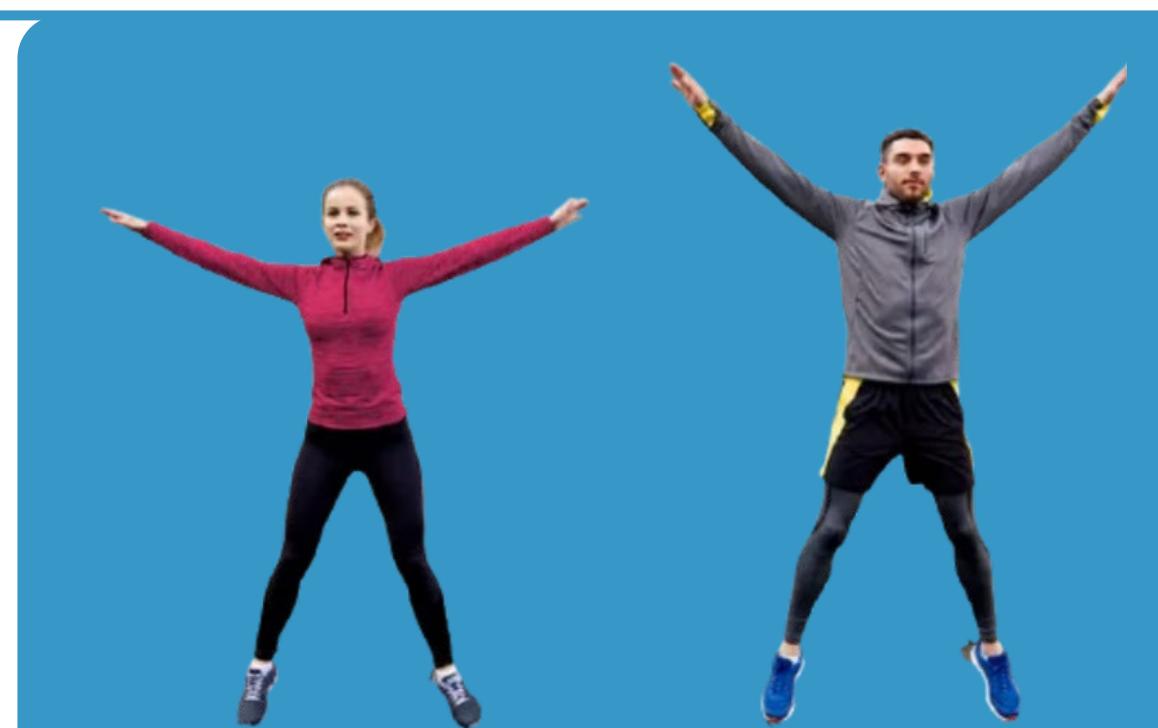
Shoveling snow can cause many different musculoskeletal issues, including heart strain, and back, knee, shoulder, and elbow pain.

Before you start shoveling, remember:

Warm up

Take 5 - 10 minutes to stretch, march in place, or do some jumping jacks.

Muscles that are cold and tight are more likely to suffer a sprain or strain.



Use the right shovel

Pick the right length and shape so that your back can remain as straight as possible. You can buy handles that attach to the shovel to help as well. Try opting for a smaller shovel, which will help prevent you from picking up loads that are too heavy.

Dress appropriately

Wear light, layered, water-repellant clothing, a toque, and thick, warm socks. Wear gloves or mittens that will keep your hands dry, warm, and prevent blisters.



Pace yourself

Take break frequently, and drink plenty of water.

Try to push snow, instead of lifting it. If you do need to lift, make sure to use proper ergonomics to reduce strain.

