

Shoveling Snow- Manual Lifting

Facility:	Written By:	Approved By:	Date Created:	Date of Last Revision

Hazards Present:	PPE or Devices Required:	Additional Training Required:
Muscle Cramps	Steel toed boots	Lifting
Heart attack	Eye protection	Body Posture
Stroke	Hand protection	
Dehydration		
Frost Bite		

Safe Work Procedure:

- 1) Warm up muscles for 10 minutes with stretching
- 2) Early and often - newly fallen snow is lighter than heavily packed or partially melted snow
- 3) Push the snow
- 4) Keep the shovel close to your body
- 5) Space your hands on the shovel to increase leverage
- 6) Use a shovel that feels comfortable for your height and strength
- 7) Squat with your legs apart, knees bent and back straight when lifting the snow
- 8) Lift with your legs and do not bend at the waist
- 9) Scoop small amounts of snow into the shovel and walk where you want to put it
- 10) Pace yourself - Take frequent breaks and replenish fluids to prevent dehydration

If an emergency situation occurs while conducting this task, or there is an equipment malfunction, engage the emergency stop and follow the lock out procedure

REPORT ANY HAZARDOUS SITUATIONS TO YOUR SUPERVISOR

<p>Guidance Documents/Standards:</p> <p>MB Workplace Safety & Health Act & Regulations:</p> <p>2.1 Safe Work Procedures 8 Musculoskeletal Injuries</p>	<p>This Safe Work Procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three year</p> <hr/> <p>Reviewed By WSH Committee:</p> <p>Date:</p>
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