



SAFETY TALK

Shoveling snow

Shoveling is one of the leading causes of strains and muscle injury throughout the heavy construction industry.

What's the danger?

Hazards that can result in strains or sprains:

- Ground instability
- Twisting your back while shoveling
- Lifting heavy loads with a shovel
- Stretching to reach the snow you are shoveling
- Bending while shoveling or digging for long periods

How to protect yourself

- Turn your body to face the direction you will throw the snow
- Stand with your feet apart and with one foot in front of the other for improved stability
- Allow your whole body to help instead of just your arms and back

- No matter the material you are shoveling, always try to skim off the top
- Do not pick up more than 10 pounds at one time
- Avoid stretching and reaching
- Always select the right shovel for the job – pay attention to blade type, handle length and grip of the shovel
- Take mini breaks after 20-30 minutes of continuous shoveling or digging

Things to consider

- Can shovel use be eliminated by mechanical means?
- Is the proper shovel available on the job site?

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

