

Sidewalk clearing safety tips



Shovelling snow can be a tough task. Here are some helpful tips that can make clearing your sidewalk a little easier:

- Space your hands on the shovel to increase leverage.
- Stand with your feet apart, knees bent and back straight.
- Place your front foot close to the shovel.
- Put weight on your front foot. Step forward and use your legs to load a small amount of snow onto the shovel. Remember the wetter the snow, the heavier it is.
- Lift with your legs; do not bend at the waist.
- Keep the shovel close to your body.
- Walk to where you want to dump the snow. Turn your feet in the direction you are throwing the snow. Do not twist at the waist.
- Pace yourself. Take appropriate rest breaks.
- Apply road salt/de-icer wherever necessary.

Thank you for being such a great neighbour!

