

## Safe Work Procedure

### Shoveling Granular

<b>Facility:</b>	<b>Written By:</b>	<b>Approved By:</b>	<b>Date Created</b>	<b>Date of Last Revision:</b>

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

<b>Safe Work Procedure:</b>
<ol style="list-style-type: none"> <li>1 Warm up muscles for 10 minutes with stretching</li> <li>2 It is better to push the granular than lifting it</li> <li>3 Keep the shovel close to your body</li> <li>4 Space your hands on the shovel to increase leverage</li> <li>5 Use a shovel that feels comfortable for your height and strength</li> <li>6 Squat with your legs apart, knees bent and back straight</li> <li>7 Lift with your legs and do not bend at the waist</li> <li>8 Pace yourself and take frequent breaks and replenish fluids to prevent dehydration</li> <li>9 Try not to hold a shovelful of granular with your arms outstretched</li> <li>10 Throw granular ahead of yourself and not to the side or behind</li> </ol>

***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**

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