

Safe Work Procedure

Shoveling Snow

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

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

Safe Work Procedure:
<ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> A. It is better to push the snow rather than lifting it B. Keep the shovel close to your body C. Space your hands on the shovel to increase leverage D. Shovel an inch or two off the top of the snow D. Use a shovel that feels comfortable for your height and strength 4. Lifting the snow <ol style="list-style-type: none"> A. Squat with your legs apart, knees bent and back straight B. Lift with your legs and do not bend at the waist C. Scoop small amounts of snow into the shovel and walk where you want to put it 5. 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

Guidance Documents/Standards: 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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