

# Snow Removal Safety



## Key safety precautions when scooping snow:

- ◆ **Warm Up:** Stretch and warm up your muscles before starting to prevent injuries.
- ◆ **Dress Appropriately:** Wear layers, including a hat, gloves, and high-visibility clothing if you're near traffic.
- ◆ **Use Proper Equipment:** Use a small, lightweight shovel to avoid lifting heavy loads.
- ◆ **Lift Correctly:** Bend your knees and lift with your legs, not your back. Keep the shovel close to your body.
- ◆ **Push, Don't Lift:** Whenever possible, push the snow instead of lifting it.
- ◆ **Take Breaks:** Shoveling can be strenuous, so take frequent breaks to avoid overexertion.
- ◆ **Stay Hydrated:** Drink plenty of water to stay hydrated, even in cold weather.
- ◆ **Be Aware of Heart Attack Signs:** Know the signs of a heart attack and stop immediately if you feel chest pain, dizziness, or shortness of breath.

## Key safety precautions when using a snow blower:

- ◆ **Inspect the Area:** Clear the area of any debris, such as sticks or rocks, that could be thrown by the snow blower.
- ◆ **Dress Appropriately:** Wear warm, layered clothing, including gloves, boots with good traction, and safety goggles. Avoid loose clothing that could get caught in the snow-blower.
- ◆ **Maintain a Safe Distance:** Keep pedestrians and other bystanders at least 75 feet away from the snow blower while it is in operation. Be cautious of snow being thrown near vehicles and buildings.
- ◆ **Use Proper Technique:** Always push the snow blower at a steady pace, never force the snowblower forward beyond the chute's capacity. Be cautious when operating on slopes and slick surfaces.
- ◆ **Clear Clogs Safely:** If the chute becomes clogged, turn off the snow blower and use the supplied tool or sturdy object to clear the blockage. Never use your hands.
- ◆ **Stay Focused:** Avoid distractions and stay alert while operating the snow blower. Do not use the machine if you are tired or under the influence of alcohol or drugs.
- ◆ **Take Breaks:** Snow blowing can be strenuous, so take regular breaks to avoid overexertion.
- ◆ **Follow Manufacturer's Instructions:** Read and follow the snow blower's manual for safe operation and maintenance. Make sure that the snowblower is in proper working condition before use.



Members can access winter safety training videos through the **LARM Member Training** menu on the LARM website, [www.larmpool.org](http://www.larmpool.org). If you need any assistance obtaining access to the website or winter training videos, contact our loss control team at [james.kelley@larmpool.org](mailto:james.kelley@larmpool.org) or [john.hobbs@larmpool.org](mailto:john.hobbs@larmpool.org).