

Fit Tips: Snow Shoveling

Shoveling snow can literally be a pain in the back, however many injuries from snow removal can be preventable with proper preparation and technique. Here are a few tips to make snow shoveling less painful.



<http://www.farmandfleet.com>

Prepare properly. Make sure you are ready to take on the snow.

- * **Ergonomic shovel-** Curved/adjustable handles will keep you from having to bend down all the way. A plastic blade will cut down on the weight.
- * **Warm up-** Cold and tight muscles are more prone to injury. Jog or march in place to get your blood flowing and to limber up your muscles.

Use Ergonomic Technique.

- * **Grip shovel** with one hand close to the blade and the other on the handle.
- * **Square your shoulders and hips** to the snow you are lifting.
- * **Bend at the hips NOT your lower back.** Keep your chest out.
- * **Use leg muscles to lift NOT your lower back.**
- * **DON'T twist your body** when moving snow; pivot the whole body instead.
- * **Keep heaviest part of the load close to your body; DON'T extend your arms.**
- * **Walk with the load** to the new location instead of throwing or reaching.
- * **Keep loads light; DON'T lift loads too heavy for you.**

