

# Prevent Snow “Shovel” Injuries

According to the Center for Injury Research and Policy, an estimated 11,500 snow shovel-related injuries and medical emergencies are treated annually in United States Emergency Departments. The most common mechanism of injury/nature of medical emergency was acute musculoskeletal exertion (54%). Also of note, most snow shovel-related incidents (96%) occurred in and around the home.

There are a number of simple tips to help prevent musculoskeletal outdoor winter work injuries:

- S**tretch before & after
- H**ave right size & height tools
- O**perate regularly staying ahead of storm
- V**alue pushing light amounts of snow
- E**liminate twisting
- L**ift using legs & keeping back straight

## Quick and easy tips for clearing the driveway:

1. Clear a strip down the middle of the driveway.
2. Push the snow on one side towards the outer edge.
3. Repeat on the opposite side of the driveway.

