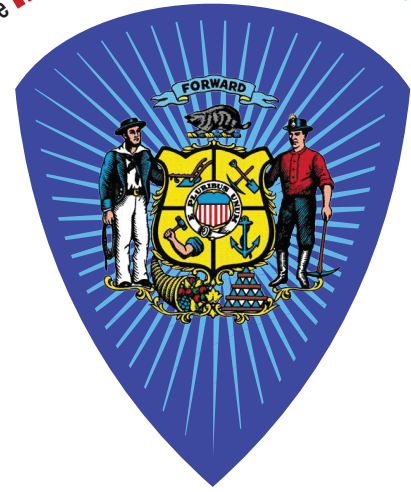


Prevent Snow “Shovel” Injuries

Safe Handling Initiative Eliminates Lifting Dangers



Stretch before & after

Have right size & height tools

Operate regularly staying ahead of storm

Value pushing light amounts of snow

Eliminate twisting

Lift using legs & keeping back straight

Center For Injury Research and Policy Facts:

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%).

Most snow shovel-related incidents (96%) occurred in and around the home.

