



What to Know Before Grabbing that Shovel

Snow shoveling causes thousands of injuries and up to 100 deaths each year. Cold weather and sudden heavy exertion increase heart rate and blood pressure, raising the risk of heart attack—especially for people over 40 or those who are inactive.

Shoveling Safety Tips

Warm up and stretch before you start

Don't shovel after eating or while smoking

Take it slow and pace yourself

Push snow instead of lifting it

Shovel fresh, light snow when possible

Lift with your legs, not your back

Stop immediately and call 911 if heart attack symptoms appear



Snow Blower Safety

Add fuel outdoors and only when the engine is off and cool

Turn the machine off before clearing jams

Never run in enclosed spaces (carbon monoxide risk)

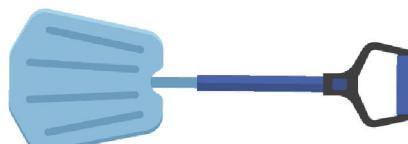
Never leave a running snow blower unattended

Keep hands away from moving parts

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

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Source: National Safety Council