

# Ergonomic Shoveling Techniques

Whenever possible, push the snow to one side rather than lifting it. Push the shovel through the center of the body (waist/navel height) and not the side. The same holds true for when vacuuming.

## When lifting the snow with a shovel, make sure to use ergonomic lifting techniques:

- Always face towards the object you intend to lift - have your shoulders and hips both squarely facing it.
- As mentioned bend at the hips, not the low back, and push the chest out, pointing forward then, bend your knees and lift with your leg muscles, keeping your back straight where spine is neutral and locked. It might be a good idea to brace your abdomen.
- Keep your loads light and do not lift an object that is too heavy for you.
- If you must lift a shovel full, grip the shovel with one hand as close to the blade as comfortably possible and the other hand on the handle.
- Avoid twisting the back to move the snow to its new location - always pivot your whole body to face the new direction.
- Keep the heaviest part of the object close to your body at your center of gravity - do not extend your arms to throw the snow.
- Walk to the new location to deposit the item rather than reaching or tossing.
- When gripping the shovel, keep your hands about 12 inches apart to provide greater stability.
- Use your front of your thighs as support when squatting down to shovel
- Push the snow forward do not throw



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