SNOW SHOVELING
SAFETY TIPS

- Dress warmly and work slowly.
- Shovel early and often.
- Push the snow instead of lifting it.
- If you must lift the snow, lift with your legs.
- Never remove deep snow all at once; do it piecemeal. Shovel an inch or two, then take another inch off. Rest, and repeat if necessary.
- **Pace yourself.** Shoveling snow is an aerobic activity. Take frequent breaks and replenish fluids to prevent dehydration.
- **Listen to your body.** Stop if you feel pain or observe heart attack warning signs that may include chest pain as well as shoulder, neck or arm pain; dizziness, fainting, sweating or nausea; or shortness of breath. If you think you’re having a heart attack, seek medical help immediately.

**Those most at risk for a heart attack include:**

- Anyone who has already had a heart attack.
- Individuals with a history of heart disease.
- Those with high blood pressure or high cholesterol levels.
- Smokers.
- Individuals leading a sedentary lifestyle.