

## Snow Shoveling Safety Tips



A few safety tips when you are out clearing your driveway or sidewalk this season:

- Never put your hands inside a running snow blower to break up a jam of ice or to attempt to repair a part.
- More than 100 people die every year from shoveling snow. Shoveling “heart attack snow,” snow that is heavy and wet, is when the risk of a heart attack or cardiac incident is highest. Reduce risk by:
  - Shoveling early and often
  - Using a small shovel
  - Taking breaks when you start to feel fatigued to avoid excess stress on your heart.
  - Always pay attention to what your body is telling you. Signs such as chest discomfort, arm, neck or jaw pain, cold sweat, nausea and shortness of breath are telltale signs something could be wrong.
  - Tell someone you are going out to shovel and carry your cell phone.
  - If you have any prior cardiac history or condition, are older and/or do not exercise regularly, the sudden increased workload can be detrimental.

- Wear layers of warm clothing and a hat to prevent hypothermia and frostbite. Signs include shivering, drowsiness, confusion, stiff muscles, redness of the skin and numbness. In case of an emergency call 9-1-1!
- Keep your time outside to a minimum. Wind makes your body lose heat more quickly.