SNOW SHOVELING SAFETY

**DO**
- Keep your back straight, knees bent, and arms near your body.
- Stand up to lift with your legs.
- Turn your body so your toes face the shovel.
- Bend your knees to drop the snow.

**DO NOT**
- Reach or bend your back.
- Only use your arms.
- Twist your back.
- Throw the snow.

When you take a break, prop up your shovel. ✅
Do not bend your back to pick up shovel. ❌

Shovel small loads of snow.
If snow is heavy, use a snow blower or ask for help.