

# SNOW REMOVAL



Snow pushes are great for small snowfalls



Building walkways need to be free of ice or snow

## Shovel Tips:

- Teflon coated shovels prevent snow build up. If your shovel is not coated with Teflon, apply paraffin wax to it.
- Be sure to stretch and warm your muscles before beginning.
- Stand up straight and ensure that your head and neck are in alignment.
- Place your dominant hand at the top of the shovel.
- Place your other hand on the long handle that leads to the shovel.
- Walk toward the snow until your shovel is full. When moving the snow, turn with your entire body moving your feet, rather than twisting at the waist.
- DO NOT throw the snow over your shoulder or to the side, instead walk with the full shovel and snow directly in front of you.
- Use a shovel that is appropriate for your size. If a shovel is too short, it will cause you to bend over.
- A bent handle shovel should be used for pushing light snow, such as clearing a path.
- Start shoveling as soon as possible, newly fallen snow is lighter than snow that has been falling for a while.
- If possible, push the snow rather than lift it.
- If at any point you experience pain or chest discomfort stop what you are doing immediately and seek medical attention.

## Snow Plowing Safety:



Perform a vehicle and plow safety inspection

- Ensure you are well rested.
- Know your route before you start out on the job; i.e. curbs, dips in the road, potholes, manhole covers etc.
- Perform a pre-use inspection of your vehicle and plow. Ensure the wind- shield wipers, defroster, lights, brakes, and plow bolts are all in proper working condition.
- Frequently check the structural integrity of the plow, cracks frequently form around the center pivot bolt and welds.
- If you notice cracks in paint along the plow's welds this is a sign of a "high stress" area and the precursor to that weld giving way in the future.
- Inspecting your equipment can not be stressed enough for the simple reason that when something does go wrong it will be in the middle of a snow storm complicating matters exponentially.

## Sidewalk and Stair Snow Removal:

- Use ice-melt and an ice chippers to remove any slipping hazards.
- When removing snow around a door, ensure that the door is allowed to open 100%.



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