

# SHOVELING SAFETY

Shoveling is a common task but can lead to worker injuries if done with improper technique. To avoid injury, review these shoveling techniques that can be applied at work and home.

## Three Steps to Good Shoveling Technique:

- SHOVEL CONDITION
- POSTURE & TECHNIQUE
- WHAT TO AVOID



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# SHOVELING SAFETY



## 1. KEEP YOUR SHOVEL CLEAN. THIS WILL REDUCE THE RISK OF INJURY WHILE LIGHTENING YOUR WORKLOAD

## 2. MAINTAIN GOOD POSTURE AND TECHNIQUE

- a) Stand upright. Stand with feet apart, and bend your knees.
- b) Face the direction of the shovel,
- c) Move your body as a unit using momentum, to shovel in a smooth, fluid motion. Avoid jerking motions.

## 3. AVOID AWKWARD POSTURE AND TECHNIQUE

- a) Avoid leaning forward
- b) Avoid holding the shovel too far down the handle
- c) Avoid twisting while shoveling
- d) Avoid keeping the weight of the load away from your body. Don't extend it far from your body.

## USE COMMON LIFTING TECHNIQUES WHILE SHOVELING SUCH AS:

- Use your legs instead of your back
- Try to keep your upper body in an upright position.
- Avoid leaning or bending too far over as this is a position susceptible to injury.

**There is no "ONE WAY" to shovel but following these simple do's and don'ts can help reduce the risk of injury.**

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