OVER ▶

SHOVELLING SAFETY

Shovelling may seem like a simple task but without the correct technique, it can lead to injuries. To reduce the risk of injury, review these shovelling tips and techniques to use at work and home.

SAFE SHOVELLING TIPS:

- **SHOVEL CONDITION**
- **POSTURE & TECHNIQUE**
- **WHAT TO AVOID**

BC **Forest Safety**

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SHOVELLING SAFETY

1. KEEP YOUR SHOVEL CLEAN TO HELP REDUCE THE RISK OF INJURY WHILE LIGHTENING YOUR WORKLOAD

2. MAINTAIN GOOD POSTURE AND TECHNIQUE

a) Stand upright. Stand with your 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 too far from your body.

COMMON LIFTING TECHNIQUES:

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

There is no *ONE WAY* to shovel but by following these simple do's and don'ts, you can reduce your risk of injury.

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