

☰ Tool Box Talk | Snow Removal Safety

Shovel Tips



Start shoveling as soon as possible, newly fallen snow is lighter than snow that has been falling for a while.

Stand up straight and ensure that your head and neck are in alignment.

Teflon coated shovels prevent snow build up. If your shovel is not coated with Teflon apply paraffin wax to it.

Place your dominant hand at the top of the shovel and other hand on 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 directly in front of you.

If at any point you experience pain or chest discomfort stop what you are doing immediately and seek medical attention.

Snow Plowing Safety



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.

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.

Sidewalk and Stair Snow Removal

Keep up with the storm.

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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This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____

Trainer: _____ **Trainer's Signature:** _____

Participants:

Name: _____ Signature: _____ Date: _____

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