

SNOW SHOVELING SAFETY TIPS

- **Dress warmly and work slowly.**
- **Shovel early and often.**
- **Push the snow instead of lifting it.**
- **If you must lift the snow, lift with your legs.**
- **Never remove deep snow all at once; do it piecemeal.** Shovel an inch or two, then take another inch off. Rest, and repeat if necessary.
- **Pace yourself.** Shoveling snow is an aerobic activity. Take frequent breaks and replenish fluids to prevent dehydration.
- **Listen to your body.** Stop if you feel pain or observe heart attack warning signs that may include chest pain as well as shoulder, neck or arm pain; dizziness, fainting, sweating or nausea; or shortness of breath. If you think you're having a heart attack, seek medical help immediately.



Those most at risk for a heart attack include:

- Anyone who has already had a heart attack.
- Individuals with a history of heart disease.
- Those with high blood pressure or high cholesterol levels.
- Smokers.
- Individuals leading a sedentary lifestyle.