

## SHOVEL LIGHT



During the winter months, snow shovelling can be a pain, considering that each shovelful of snow weighs about six pounds. That's a lot of repetitive lifting, and wear and tear on your back. These back health tips will ease the hassle of clearing your driveway and help keep your back in shape.

### Warm Up

Before tackling any strenuous activity, a quick 10-minute warm up such as a walk around the block will kickstart your muscles for the activity ahead and help prevent injury.

### 1. Don't Let Snow Pile Up

If the weather report calls for several days of snow, frequent shovelling will allow you to move smaller amounts of snow after each snowfall.

### 2. Pick the Right Shovel

Use a lightweight push shovel. If you're using a metal shovel, spray it with Teflon, so snow won't stick to it.



### 3. Push, Don't Throw

Push the snow to the side rather than throwing it. This way, you avoid lifting heavy shovelfuls of snow, and abrupt twists or turns that may result in injury.



#### **4. Bend Your Knees**

If you need to lift shovelfuls of snow, bend your knees, and use your leg and arm muscles to do the work, while keeping your back straight.



#### **5. Take a Break**

If you feel tired or short of breath, stop and take a break. Shake out your arms and legs to recharge.

#### **Keep Comfort in Mind**

Layer your clothing so you can adapt to changing temperatures. If you become too warm while outdoors, simply remove a layer or two to maximize comfort.

#### **Stay Hydrated**

Even though it's cold outside, your body still needs plenty of fluids. Be sure to drink lots of water or fruit juice before, during and after shovelling. Remember – if you feel thirsty, you are already dehydrated.

#### **Take it Slow**

Rest when you feel tired or short of breath. Stop shovelling if you experience sudden or prolonged joint or muscle pain.

#### **Cool Down**

After you've finished shovelling, cool down by taking a walk and stretching out tense muscles.