

# SAFE SNOW SHOVELING

Shine365  
Marshfield Clinic

While snow shoveling is a great way to get in an old-fashioned work out (since it HAS to be done anyway), it also can cause a lot of health problems including heart attacks and back pain.

## PRACTICE SAFE SNOW SHOVELING TECHNIQUE

Follow these conditioning and technique recommendations to minimize those risks:

### WARM UP

Warm up before shoveling: Walk around the block or step in place; gently twist your torso from side to side and swing your arms in large circles.

### PACE YOURSELF

Take 5- or 10-minute breaks so fatigued muscles can rest. This will help you maintain proper technique and avoid injury.

### BREATHE EVENLY

Exhale when pushing or lifting snow and inhale between. Avoid holding your breath, which can cause changes in your blood pressure and increase stress on the heart.

### ELBOWS NEAR SIDES

Elbows should be at or near your sides. It's best to push, rather than lift snow. Never throw snow over your shoulder. That action may injure your back.

### KEEP KNEES BENT

Keep your knees bent. This makes shoveling more of a leg vs. arm exercise.

### POINT YOUR TOES

Keep your toes pointed toward where you are moving. Avoid twisting at the waist.



If you develop dizziness or lightheadedness, sit down and rest immediately until symptoms resolve. Contact your provider if these symptoms are new to you.

**If you experience chest pain, call 911.**

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