

SHOVELLING



THE PROPER SHOVEL?

- Light and sturdy
- Handle at chest height
- D shaped handle
- Choose a type of blade adapted to the task

ADVICE

- Stay hydrated
- Push snow instead of lifting it
- Opt for several small light scoops
- Avoid turning your trunk
- Go out to shovel several times instead of waiting at the end of the snowfall
- Do not downplay the risk of injury
- Dress appropriately (multiple layers)
- Take your time

THE PROPER TECHNIQUE

1 Feet shoulder width apart

2 Knees bent

3 Back straight

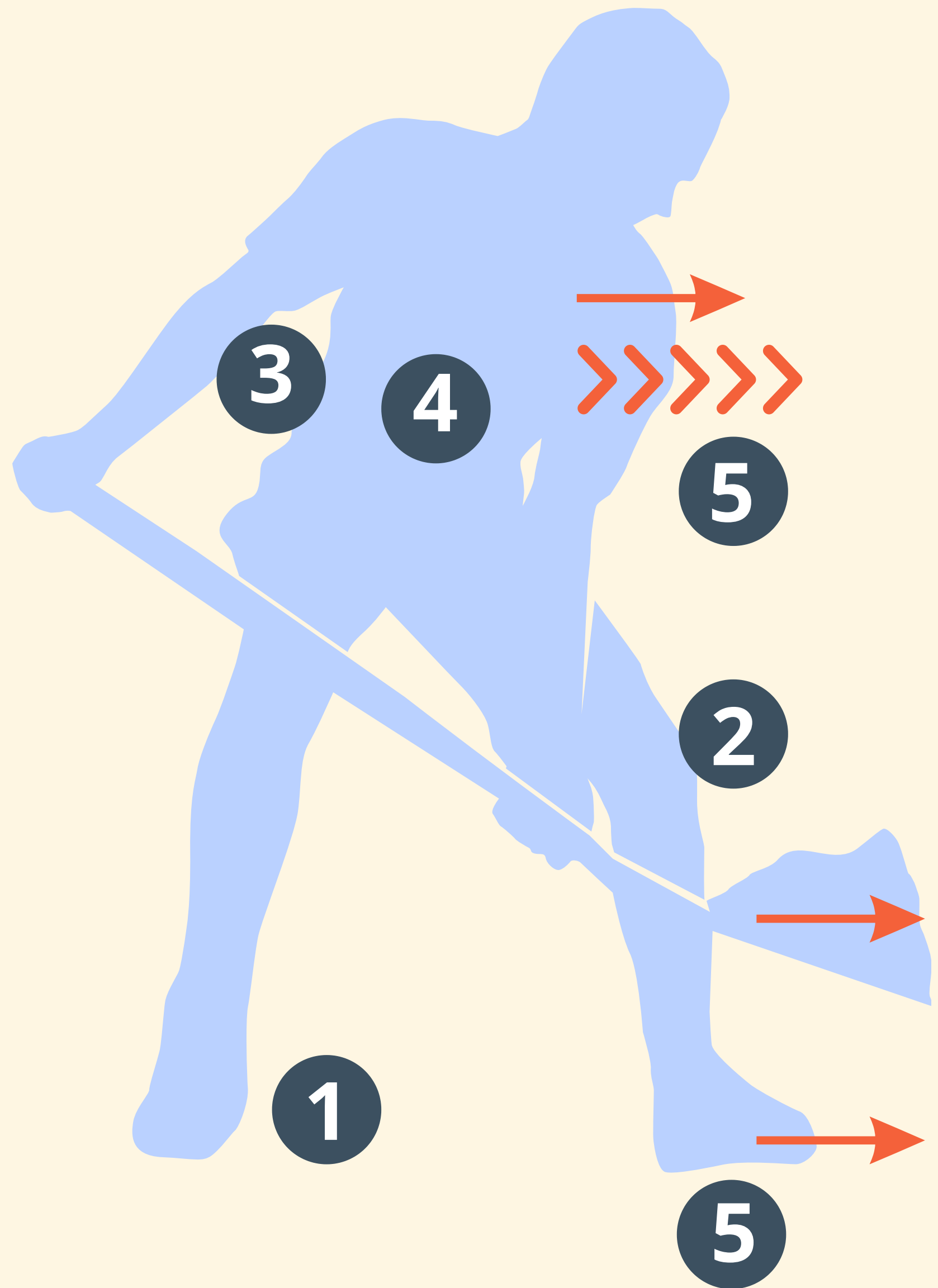
4 Abdominal muscles contracted

5 Feet and body in the direction where you throw the snow

>>>> Transfer your weight when you throw the snow

~~~~~ Shovel at a regular pace

🕒 Take brakes when you are tired



Centre intégré
de santé
et de services sociaux
de la Côte-Nord

Québec 