



STAY SAFE WHILE SHOVELING SNOW



To help make shoveling snow safer, follow these steps:

- **Dress in layers of warm clothing** which traps air between layers forming a protective insulation.
- Remember to **wear scarves and gloves to prevent frostbite! Wear a hat** because much of your body's heat can be lost through your head.
- **Bend knees to lift snow.** Use legs, shoulders and torso. Do not use your back.
- **Take frequent rest breaks** so as not to overstress your heart.
- It is safer to **lift smaller amounts more times**, than to lug a few huge shovelfuls of snow.
- **Do NOT eat a heavy meal** prior to or soon after shoveling. Eating a large meal can put extra strain on your heart.
- **Drink plenty of water to stay hydrated as you shovel.** Avoid smoking and caffeinated drinks that constrict blood vessels.



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Montgomery Township

Health Department

*Also serving the Boroughs of
Hopewell, Pennington, & Rocky Hill*

