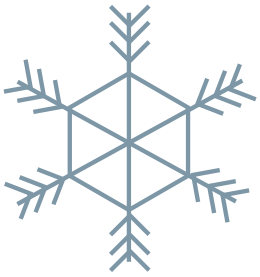
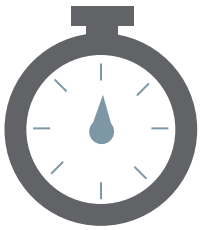
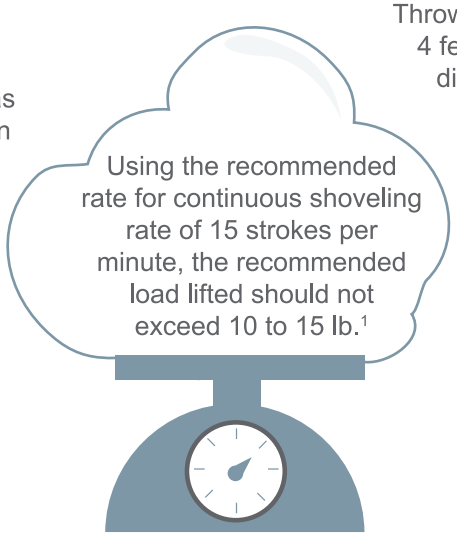
SNOW SHOVELING FACTS



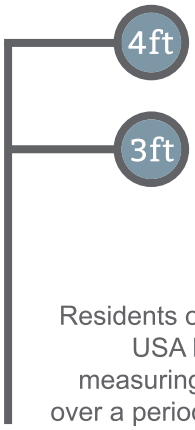
In 1887, the largest snowflake on record was observed at 15 inches in diameter in Fort Keogh, Montana.[3]



The recommended rate for continuous shoveling tasks is usually considered to be around 15 scoops per minute.[1]



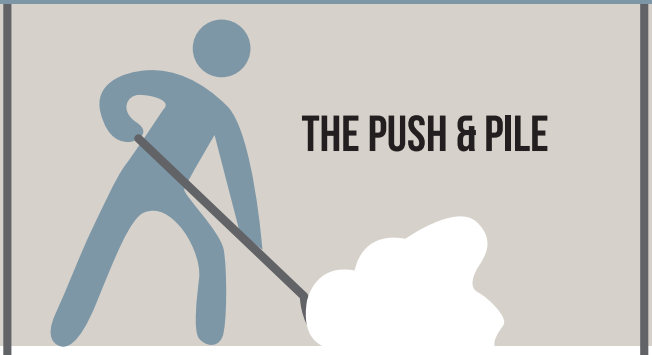
Throw height should not exceed 4 feet. The optimal throwing distance is about 3 feet.[1]



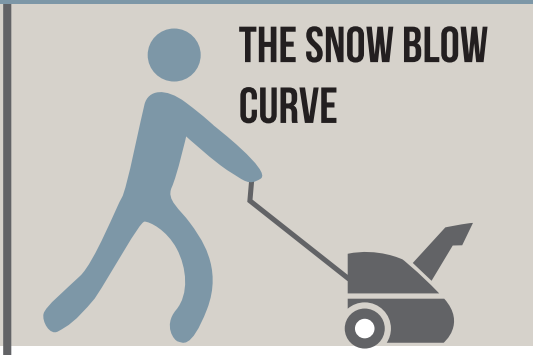
Residents of Bethel, Maine, USA built a snowman measuring over 122 ft. tall over a period of one month.[2]

TECHNIQUE OPTIONS

Use this technique when the snow is light and fluffy, using the recommended weight and throw restrictions cited.



The push technique is recommended when snow is deep, wet and heavy. Instead of scooping heavy piles of snow, use your shovel to push snow, clearing enough space for you to use your pathway, sidewalk or driveway.



The snow blower is best for wet, heavy snow. Be sure to consider where you blow your snow to avoid duplication of efforts.

SHOVEL OFTEN

To help prevent injury, shovel periodically when heavy accumulation is expected. Shoveling 1 inch of snow four times is much easier and faster than trying to shovel 4 inch deep snow all at once.

PROPER POSTURE

As you shovel, it is important to remember to lift with your legs, not your back or arms. Be sure to bend your knees and lift the shovel in one fluid motion.

HYDRATION

When it is cold outside you might not notice how hard your body is working as you shovel. Make sure you are prepared with a full water bottle and be sure to hydrate every 15 minutes.

STRETCH

Before you take on the snow, be sure to warm up and stretch. This will help you prevent aches and pains later.

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[1] Canadian Center for Occupational Health and Safety
[2] Guinness Book of World Records 2014
[3] Wikipedia Online