



Public Health
Prevent. Promote. Protect.

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PSHD Offers Snow Shoveling Tips

Another Nor'easter has hit Connecticut. The snow is expected to be wet and heavy. Removing the heavy snow by shoveling or using a snow blower can put a strain on the heart. Overexertion can bring on a heart attack, a major cause of death in the winter. The Plainville Southington Health District (PSHD) advises residents of all ages to use caution and to take breaks when removing snow.

The National Safety Council recommends the following tips to shovel safely.

- Do not shovel after eating or while smoking.
- Take it slow and stretch out before you begin.
- Shovel only fresh, powdery snow; its lighter.
- Push the snow rather than lifting it.
- If you do lift it, use a small shovel or only partially fill the shovel.
- Do not work to the point of exhaustion.

Pushing a heavy snow blower can also cause injury. If you are removing snow using a snow blower, PSHD recommends the following:

- Dress appropriately. Don't wear loose pants, jackets, or scarves. Wear warm, sturdy shoes with traction.
- Wear ear plugs or other hearing protection.
- Always run snow blowers outside to prevent carbon monoxide poisoning.
- Turn off the snow blower before clearing a clog. Never use hands or feet to remove the clog.

For more information on winter safety, visit the American Red Cross website at www.redcross.org.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.