

Lift Light. Shovel Right.

During the winter months snow shoveling can be a pain, considering that each shovelful of snow weighs about six pounds. That's a lot of repetitive lifting, and wear and tear on your back. These back health tips will ease the hassle of clearing your driveway and help keep your back in shape.

WARM UP BEFORE YOU START

Before tackling any strenuous activity, a quick 10-minute warm up such as a walk around the block will kick-start your muscles for the activity ahead and help prevent injury

DON'T LET SNOW PILE UP

If the weather report calls for several days of snow, frequent shoveling will allow you to move smaller amounts of snow after each snowfall.



Stop shoveling if you experience back or chest pain. If your chest pain is severe, see a medical doctor immediately. If back pain persists for more than a few day after shoveling consult a chiropractor for an evaluation.



PUSH, DON'T THROW

Push the snow to the side rather than throwing it. This way you avoid lifting heavy shovels of snow, and abrupt twists or turns that may result in injury.



BEND YOUR KNEES

If you need to lift shovels of snow bend your knees, and use your leg and arm muscles to do the work, while keeping your back straight.



TAKE A BREAK

If you feel tired or short of breath, stop and take a break. Shake out your arms and legs to recharge.



KEEP COMFORT IN MIND

Dress for the weather

Layer your clothing so you can adapt to changing temperatures. If you become too warm while outdoors, simply remove a layer or two to maximize comfort.

Stay hydrated

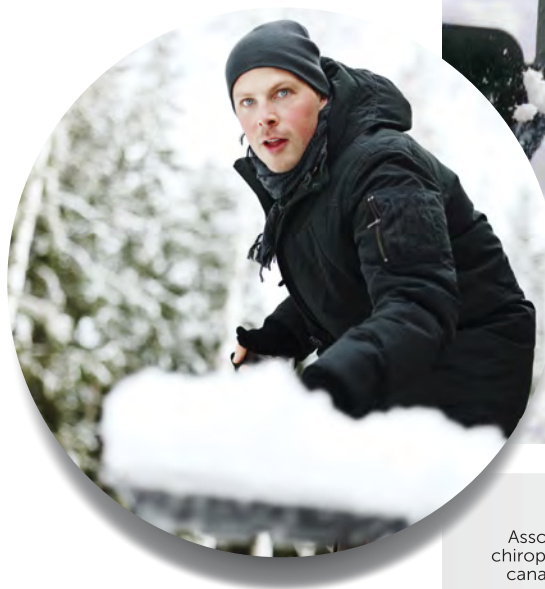
Even though it's cold outside, your body still needs plenty of fluids. Be sure to drink lots of water or fruit juice before, during and after shoveling. Remember – if you feel thirsty, you are already dehydrated.

Take it slow

Rest when you feel tired or short of breath. Stop shoveling if you experience sudden or prolonged joint or muscle pain.

PICK THE RIGHT SHOVEL

Use a lightweight push shovel. If you're using a metal shovel, spray it with Teflon, so snow won't stick to it.



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10 TIPS FOR A HEALTHY BACK

1. Exercise regularly.
2. Follow a healthy diet.
3. Maintain good posture.
4. Warm up and cool down before and after physical activity.
5. Don't overload your backpack or shoulder bag.
6. Stretch your legs and back after each hour of sitting.
7. Never cradle the phone between your neck and shoulder.
8. Sleep on your back or side, not on your stomach.
9. Invest in a good chair, pillow and mattress.
10. Have regular spinal check ups.