Information from Vermont AgrAbility Project

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Be Safe While Shoveling Snow

If you have any of the risk factors (heart disease, high cholesterol, high blood pressure, diabetes, smoker) or are used to a sedentary lifestyle, check with your doctor before shoveling snow.

Avoid caffeine or nicotine before beginning. These are stimulants, which can increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart.

Drink plenty of water. Dehydration is just as big an issue in the cold winter months as it is in the summer.

Stretch! Treat this chore like any other workout and warm up your muscles. Warm muscles work more efficiently and are less likely to be injured.

Dress for the weather, in layers. Bundling up keeps muscles warm and less vulnerable to strains. Synthetic fibers help wick away perspiration better than natural fibers.

Pick the right shovel for the job. A snow shovel should be light-

Compiled from: Colorado Spine Institute University of Wisconsin School of Medicine and Public Health Canadian Center for Occupational Health and Safety North Dakota State University Extension Vermont Sports Medicine Center