

Shovel Snow Safely

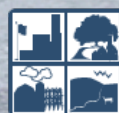
In many parts of the Township, snow removal is required. Residents are asked to clear snow from your driveways and sidewalks and keep snow out of the street.

Shoveling can be risky, especially for residents over the age of 40. If you have a medical condition, ask your physician if it's safe for you to shovel.

The Nationwide Children's Hospital documented 11,500 snow shoveling-related injuries between 1990 and 2006, including nearly 100 deaths. You may be wondering why a children's hospital recorded shoveling injuries.

"While the majority of snow shovel-related injuries occurred among adults," a ScienceDaily.com article reports, "more than 1,750 children and adolescents under the age of 19 were injured each year shoveling snow. Patients in this age group were almost 15 times more likely than those in other age groups to be injured as a result of being struck by a snow shovel, and two-thirds of their injuries were head injuries."

Kids who are shoveling snow for their parents or neighbors are getting good exercise, but they also need to learn how to shovel safely and not engage in horseplay while shoveling.



Township of
FERGUSON
Pennsylvania

Here are five ways to shovel safely, according to the National Safety Council:

- Warm up before you begin and pace yourself. Take frequent breaks rather than working yourself to exhaustion.
- Shovel freshly fallen snow if you can.
- Push — do not lift snow — as you shovel, being careful not to pick up too much snow at once. A plow-style shovel works best.
- It's safest not to shovel after eating (and smokers should not smoke before shoveling).
- Dress warmly, preferably in layers.

Snow Blower Safety

Be safe with these tips from the American Society for Surgery of the Hand and the American Academy of Orthopedic Surgeons:

- If the blower jams, turn it off
- Keep your hands away from the moving parts
- Do not drink alcohol and use the snow blower
- Be aware of the carbon monoxide risk of running a snow blower in an enclosed space
- Refuel your snow blower when it is off, never when it is running

Learn more at the National Safety Council website: www.nsc.org

