



The National Safety Council notes that shoveling is responsible for thousands of injuries and as many as 100 deaths every winter, so take these recommendations to heart before heading out to clear snow.

## Shoveling Safety

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; have a younger person take care of the heavy stuff
- Push the snow rather than lifting it
- If you must lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion
- Keep emergency contact information in a jacket pocket
- If you experience shortness of breath, chest pain, nausea, a cold sweat or lightheadedness, STOP SHOVELING and call 911. Emergency medical service providers can begin treatment up to an hour sooner than if someone gets to a hospital by car

## Snow Blower Safety

A snow blower can reduce, but not eliminate, the risk of heart strain. The American Academy of Orthopedic Surgeons has additional recommendations:

- If the blower jams, turn it off
- Keep your hands away from the moving parts
- Be aware of the carbon monoxide risk of running a snow blower in an enclosed space
- Add fuel outdoors, before starting, and never add fuel when it is running
- Never leave it unattended when it is running

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