



Michigan Army National Guard

Office of Emergency Management

Winter Preparation – Shoveling Snow



Each year, many people die as a result of shoveling snow. In Indiana 2018, several people died in a matter of days. (<https://www.chicagotribune.com/suburbs/post-tribune/ct-ptb-indiana-snow-dig-out-st-0211-20180210-story.html>).

Nationwide, snow shoveling is responsible for thousands of injuries and as many as 100 deaths each year. (<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter/snow-shoveling>).



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; it's lighter
- Push the snow rather than lifting it
- If you do 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 Fire Hydrants Accessible

- Clear a 3 foot radius around fire hydrants Seconds count in the event of a fire; identify the locations of fire hydrants near your home