

# 10 TIPS TO SAFELY REMOVE SNOW FROM DRIVEWAYS & WALKWAYS

1. Use cooking oil spray to prevent snow from sticking to your shovel – even a light layer of cooking oil on your shovel will make a difference.
2. If it's a light, fluffy snow, grab your leaf blower to blow it off of walkways instead of shoveling.
3. Add salt to melt icy spots. If you're a pet owner, check labels before spreading salt to ensure it doesn't contain harmful chemicals.
4. Shovel on a schedule. Waiting to shovel until the snow has finished falling may leave you with heavy, icy snow. To save your back from this added weight, try to shovel every one to two hours, depending on how heavily the snow is falling.
5. Always bend your knees and lift with your legs when scooping the snow.
6. Upgrade your shovel to a tool that will be supportive for your back and knees.
7. Take breaks: continuous shoveling will take a toll on your cardiovascular system.
8. Consider investing in a snow blower. If you live in an area with enough snowfall, have a long driveway, or live on a corner lot, a snowblower might be the right option for you this winter!
9. Use a plastic tarp to cover your car, steps or walkways to prevent ice and easily remove a light snow.
10. Plan your route. If you're shoveling from the top of your driveway to the bottom, your load might be too heavy. Instead, try shoveling from the center of your driveway and work your way out.

