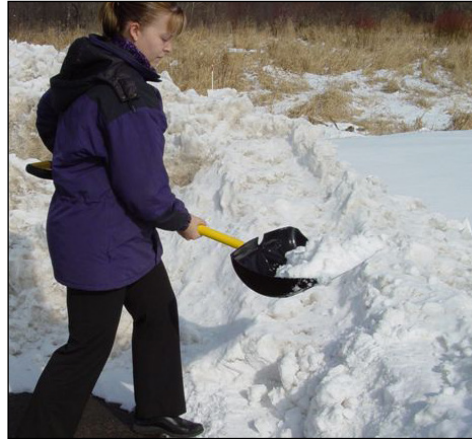


Shoveling Dos and Don'ts

Do



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- Bend at the knees and hips, not at your back.
- Keep the shovel close to your body.
- Keep the shovel in front of you.
- Keep your back straight.

Don't



Photos © Allina Health System

- Do not round out or arch your back.
- Do not pick up the shovel “with your back.”
- Do not bend or twist at the waist, especially when you are depositing the snow.
- Do not “throw the snow.”