



SNOW REMOVAL SAFE WORK PRACTICES

REVIEWED JANUARY 19 2016

OH&S CODE PART 19, SECTIONS 281-282

SNOW SHOVELLING

Protecting workers from accidents and injuries associated with Snow Shovelling.

- Dress for the weather.
- Hazard assessment.

Supervisors responsibilities:

- Facilitate and/or provide proper instruction to their workers on protection requirements.
- Compliance
- Enforcement

Workers Responsibilities:

Employees must inspect tools; follow the safe work practice and report hazards to management.

- Select tools appropriate to the job. Use a shovel with a non-stick surface.
- The snow shovel handle should come to chest height.
- A light shovel (about 1.5 kg or 3 lbs) is suitable.
- The most efficient shovelling rate is approximately 15 scoops per minute. This rate should not last longer than 15 minutes. Take rest breaks when required.
- Stretch before, during and after going out to shovel. This will reduce the chance of injury to your back, shoulders and legs.
- Dress in removable layers that don't restrict your movements. Wear gloves that prevent blisters and keep your hand warm and dry. Wear a hat to keep your head warm. If it is really cold you could wear a scarf, balaclava or some kind of face covering (just make sure you can still see)
- Wear boots that will keep your feet warm & dry and have good traction to prevent slips and falls.
- Have a plan for the most efficient removal for the area. Decide where you are going to put the shoveled snow beforehand so that you don't have to remove it twice. For example: if you are shoveling a rectangle, clear a strip of snow around the perimeter first. Then starting in the center push the snow towards the cleared area. From there lift the snow out of the area.
- Dump the first load the furthest away from you so that the last shovel loads will have the least distance to travel. Don't throw snow over your shoulder! If you must lift snow then always move it forward as this will cause the least strain & you can see where it goes. (be aware of others around you)



Guidelines for shoveling:

- Place your hands in the correct positions on the shovel. Spread your hands far apart on the handle, with one hand close to the blade. This will provide leverage while lifting snow.
- It may be easier to push the snow rather than lift it, if the snow is heavy (wet).
- Maintain good posture. Remind yourself to keep good posture and maintain the natural curve of your spine. Keep your back straight as you change between the squatting and upright positions.
- Use proper lifting technique.



- Keep feet shoulder -width apart, bend at the knees. Tighten your stomach muscles, place front foot close to shovel, then lift with your legs as if you are doing a squat.
 - Shift weight to rear foot, keeping the load close to the body rather than extending your arms all the way.
 - Put weight on front foot/leg when using it to push the shovel.
 - Turn your feet in the direction of throw. Don't twist your torso as this could injure your back.
 - Use your shoulder muscles as much as possible.
 - Take frequent breaks and drink plenty of water so as not to get dehydrated.
 - Spread the de-icer or sand in a nice even sweeping motion to create an even layer.
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- Wear adequate safety gear, including safety glasses with side shields, appropriate hearing protection and protective gloves.
 - Avoid wearing loose clothing, scarves, jewelry or anything that may get caught in rotating parts.

SNOW REMOVAL



SNOW BLOWER OPERATION

- Do not operate a unit during or after the use of medication, drugs or alcohol. Safe operation requires your complete and unimpaired attention at all times.

Keep children and people away from the operating area.

- Clear area of operation of any unwanted objects and debris. Thrown objects such as small branches or rocks can cause injury or damage the machine.
- Adjust runners to clear gravel or crushed rock surfaces safely.
- Disengage all clutches before starting an engine.
- Always allow unit and engine to adjust to outdoor temperatures before clearing snow.
- Stay alert for any unexpected hazard.
- Always be aware of traffic and pedestrians when operating along streets, curbs, or sidewalks.
- Always be sure of your footing, especially when operating in reverse or leaving the operator's position. Walk, never run, during operation.
- Avoid uneven and rough terrain. Be extra cautious while operating near drop-offs, ditches, or embankments. Units can suddenly turn over if a wheel is over the edge of a cliff or ditch, or if an edge caves in.
- Use extreme caution on gravel surfaces. Adjust runners so a scraper blade does not contact gravel.
- Keep all movement on slopes slow and gradual.
- Use a slow speed to avoid stops or shifts on slopes.
- Avoid starting or stopping on a slope.
- Slow down and turn corners slowly.
- Always look down and behind before and while backing.
- Disengage attachment drive when traveling from one work area to another.
- Run the unit a few minutes after clearing snow to prevent freeze-up of attachment.
- Do not operate unless proper guards, plates or other protective devices are in place and working properly.
- Do not operate on steep slopes.
- Do not clear snow across the face of slopes.
- Do not make sudden changes in speed or direction.
- Do not park units on a slope unless absolutely necessary. When parking on a slope always block the wheels.
- Do not overload the machine capacity by attempting to clear snow at too fast a rate.
- Do not operate in reverse unless absolutely necessary. Always back up slowly.
- Do not direct discharge toward persons.
- Do not leave a running unit unattended. Always shut off engine and remove the key before leaving a unit.

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FUELING A SNOW BLOWER

- Read the SDS. Fuel is highly flammable and its vapours are explosive. Handle with care. Use an approved fuel container.
- Replace a fuel cap securely and clean up spilled fuel.
- NO smoking, NO sparks, NO flames.
- Do not fill a fuel tank when an engine is running, or when hot from operating.
- Do not fill or drain a fuel tank indoors.

RELATED DOCUMENTS:

Severe Weather SWP & HAA

Lifting & Carrying SWP & HAA

Fuel SDS

Skidsteer SWP & HAA

Securing Mobile Equipment SWP & HAA

Pulling Trailers SWP & HAA