

# SHOVELING SNOW

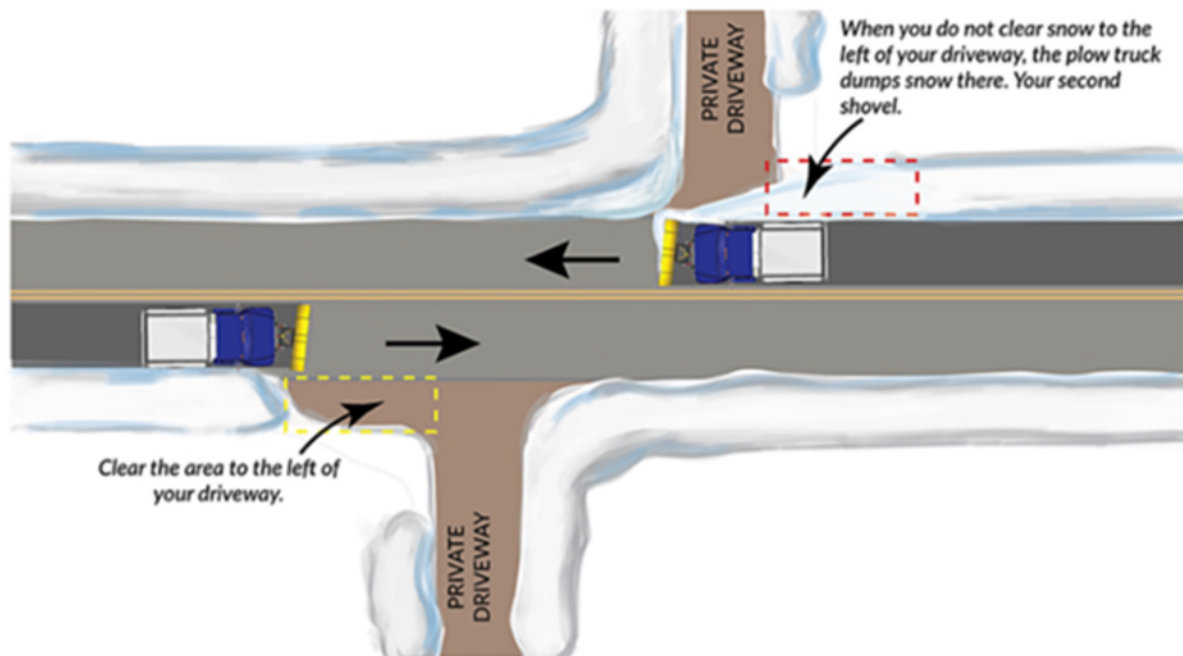
## DRIVEWAYS

1. The City endeavors to clear as much snow and ice from the road as possible to expedite traffic and make travel safer. When City snow plow trucks clear roads, they'll make multiple passes up and down the roads over an extended period of time. While snow is not intentionally pushed into residential driveways, unfortunately it's unavoidable and snow will accumulate.
2. The City recommends that residents wait until the snow plows finish clearing the streets before shoveling driveway entrances.

## SIDEWALKS

3. Residents are responsible for clearing snow and ice from sidewalks along their property. It's also recommended to wait until the snow plows finish, because snow cleared from the roads can push into sidewalks.

### ***How to Prevent the "Second Shovel"!***



# Preventing Snow Shovel Injuries

## Dos:

- Dress in layers
- Stay hydrated
- Pre-treat with salt or ice-melt before it starts snowing
- Shovel only fresh powdery snow
- Shovel a few times during and then after a major snowfall
- Push the snow rather than lift it
- Use an ergonomically-designed snow shovel

## Don'ts:

- Shovel after eating a heavy meal
- Smoke cigarettes before, during and directly after shoveling
- Rush, instead take frequent, 15-minute breaks
- Lift the heavy snow shovel with your back
- Throw the snow over your shoulder
- Leave a snow blower running while unattended

