



Shoveling

Developed by:		Approved by:	Date created:	Last revision:
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Possible Hazards Present		Personal Protection Required		Additional Training
<ul style="list-style-type: none"> - Muscle cramps - Heart Attack - Stroke - Dehydration 		<ul style="list-style-type: none"> - Steel Toed Boots - Hand Protection - Hard Hat - Safety Vest 		- PPE
<ol style="list-style-type: none"> 1. Warm up muscles before starting. 2. It is better to push the granular than lifting it. 3. Keep the shovel close to your body. 4. Space your hands on the shovel to increase leverage. 5. Use a shovel that feels comfortable for your height and strength. 6. Squat with your legs apart, knees bent and back straight. 7. Lift with your legs and do not bend at the waist. 8. Pace yourself and do not get overtired. 9. Try not to hold a shovelful of material with your arms outstretched. 10. Throw material ahead of yourself and not to the side or behind. 				
<p>Documentation/Legislation Workplace Safety and Health Regulation, M.R. 217/2006</p> <p>2.1 Safe Work Procedures 4 General Workplace Requirements 8 Musculoskeletal Injuries</p>			<p>This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.</p>	