

# SHARE THE WELLNESS TIP



March 13, 2015

## Getting Through Outdoor Chores Without Getting Hurt



Removing snow (or cleaning up the yard if you live in a not-so-cold part of the country) can lead to many trips to emergency rooms, visits to doctor's offices, and time spent recuperating on the couch. Avoid injuries by using a smart strategy.

### Tips for shoveling or moving soil/digging:

- ❁ Warm up your muscles first. Take 10 minutes to stretch and loosen your arms, legs, and back.
- ❁ Pace yourself. Take breaks and drink plenty of fluids. If you experience chest pain, shortness of breath, or other heart-attack symptoms, stop the activity and seek emergency care.
- ❁ Do not use a shovel that is too heavy or too long. Don't place your hands close together on the grip either. Space out your hands for easier shoveling.
- ❁ Do not throw snow or soil over your shoulder or to the side. The twisting motion can stress your back.