



SAFETY TIPS

Shoveling and Digging

Before any digging, always contact the appropriate utility company to determine the location of underground electrical and gas lines, cables and pipes.

Use the right shovel for the job and soil type. A light shovel (about 3 pounds) is suitable for shoveling snow while a heavier shovel (about 6.5 pounds) is better for shoveling soil. Choose a shovel length that fits the task:

- A garden shovel should be between elbow and chest height.
- A snow shovel handle should come up to chest height.
- Keep your tool sharp
- Use good body mechanics when shoveling
- Lift with your legs, not your back
- Avoid twisting your body as you shovel

Zenith provides workplace safety resources at: TheZenith.com[®]

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