

SNOW & ICE REMOVAL AND PREVENTION

Removing snow and ice from driveways, walkways and stairs is very important during the winter months. Heavy snow can cause damage to roofs and gutters, and ice can create a dangerous hazard on your property. If your area is prone to freezing temperatures, keep these tips in mind.

FACTS

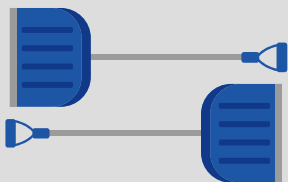
72%

of emergency room patients had injuries due to falls.



195,000

people were treated in the ER for snow shoveling injuries From 1990 to 2006.



MEN

Snow shoveling injuries affects men more than women



↑55

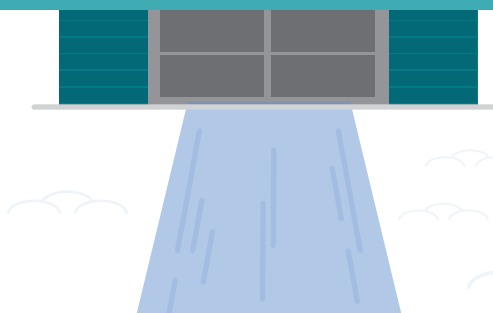
When shoveling snow, adults over the age of 55 were 4.25 times more likely than younger people to suffer from heart-related symptoms



TIPS



To prevent snow-shoveling injuries, warm up your muscles beforehand, keep hydrated and use the right equipment.



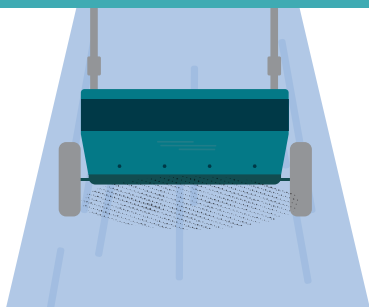
Shovel snow as soon as possible to prevent it from icing over or drifting.



When shoveling snow, do not dump the snow onto the sidewalk, street or over a drain.



Use calcium chloride, not salt, to melt ice. Remove slush to prevent refreezing.



Use a spreader when applying a de-icing product for even distribution. If snow or ice is predicted, apply a layer beforehand to prevent sticking.



Do not use hot water to remove ice. This can quickly refreeze and turn to black ice.



Keep a snow shovel and traction (like sand, kitty litter or sawdust) in your car to help unstuck tires.



Always offer to help to remove snow or ice from your neighbor's walkway. They may not be able to do this themselves.