



## – safe shoveling

**Warm Up** - This may seem impossible in sub-arctic freezing weather, but a good warmup can prevent injury. Try a walk, some light stretching or a good wrestle with the boots. Just get your heart rate up.

**Bundle Up** - Even a quick jaunt outside in freezing cold weather can leave you frost bitten. Remember it only takes minutes in good ol' Yellowknife.

**Pick the right shovel** - We are lucky enough to not have heavy snow, so pick a light shovel and coat it with teflon to avoid any sticking or messy shoveling.

**Shovel often** - Don't let it pile up, because in Yellowknife what doesn't get shoveled freezes. Also the lighter the load, the less likely you will be to injure yourself.

**Bend at the knees** - Avoid any un-due stress on your back, and you'll be a happy shoveler all season long. Remember keep your back straight.

**Push don't throw** - The more snow you push, the less likely you'll be to hurt yourself.



### tips to make shoveling a real treat!

**Hydrate** - Drink lots of water before, during and after. Coffee, and other less hydrating beverages don't count.

**Pawn off the work** - take turns, the kids and husband need some work too.

**Dress Warm** - It's not your first rodeo., it's time to get out the goose down. Remember you may feel warm, but protect yourself well.

**Pace Yourself** - take breaks or clear small areas at a time. Injuries can occur even more often when tired or fatigued.

for more information:



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