

# HOLIDAY SAFETY



The Holidays are a wonderful time of year but in addition to the celebratory atmosphere, safety cannot be put on the shelf like an elf. Safety always needs to be a consideration throughout the year and during the Holidays.

## SAFE SHOVELLING

### DIRECTIONS

With the Christmas season comes snow. It is important to remember whether workers are tasked with snow removal on the job or it is a chore at home, using proper body mechanics is essential in preventing injuries. Facilitators can use this [infographic](#) to help lead a discussion on safe snow removal. An additional handout can be found [here](#).

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What should you do prior to shovelling?
- How often should you take breaks?
- Which are the stronger muscle groups to use when shovelling?
- When is best to start shovelling?

Notes to the Team Leader:

- Facilitate a discussion to get people thinking about applying safety principles to everyday winter activities such as shovelling snow. As a wrap up this [2 minute video](#) from AllState Insurance can be shown



Follow the CCSA and check our other resources.

