



# Live Assured

when you are removing snow

## Prevent Personal Injuries

According to the National Safety Council, slipping and falling during winter months causes about 1,500 deaths and 300,000 injuries every year. Snow removal can result in injuries ranging from sprains and strains to heart attacks and bruises.

Many of these mishaps are preventable. According to the American Insurance Association (AIA), these TOP FIVE TIPS can help homeowners prevent weather-related damage and injury during the winter months.

- Check with your doctor to ensure that you are in good, physical condition before attempting snow removal.
- Re-salt surfaces after every thaw and freeze.
- Remove snow early and often rather than trying to do it all at once.
- Rather than lifting and dumping snow, push it in order to avoid back injuries.
- Wear shoes or boots with aggressive tread to avoid slipping.



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