FREE PRINTABLE RESOURCE

SNOW CLEARING SAFETY CARD

Shoveling, snow blowers and roof snow. Ask your doctor before shoveling if you have heart disease or risk factors.

SHOULD YOU SHOVEL?

- ☐ **Heart disease or risk factors? Get help**
  AHA: have someone else clear it
- ☐ **Not in good health? Skip heavy snow**
  NWS: avoid overexertion
- ☐ **Chest pain, pressure, dizzy, racing heart?**
  Stop now. Call 911 if it doesn't pass

SHOVEL SMART

- ☐ **Warm up, start slow, take breaks**
- ☐ **Small scoops. Push, don't lift**
- ☐ **Back straight, lift with legs, no twist**
- ☐ **Clear several times through the day**
  Not one big job at the end
- ☐ **Hat, gloves, high-traction boots**
  Cover mouth and nose

SNOW BLOWER

- ☐ **Never clear a jam by hand**
  Off, wait for parts to stop, use a stick
- ☐ **Fuel it before starting, engine cold**

ROOF SNOW WEIGHT (IBHS VIA MAINE EMA)

- ☐ **Typical roof: about 20 lb/sq ft extra**
  Older roof: figure on less
- ☐ **Fresh snow: ~4 ft before stress**
  10 to 12 in = about 5 lb/sq ft
- ☐ **Old packed snow: over 2 ft may be too much**
  3 to 5 in = about 5 lb/sq ft
- ☐ **1 in of ice = 1 ft of fresh snow**
  Wet snow far heavier than dry

CLEARING ROOFS

- ☐ **Stay off the roof. No ladders**
  Too much snow? Call a professional
- ☐ **Roof rake from the ground, from the edge**
  Stand back, small amounts
- ☐ **Leave 2 to 3 inches on the roof**
- ☐ **Stay away from power lines**
  Aluminum rakes conduct electricity
- ☐ **Second person outside, helmet, goggles**

GET OUT IF YOU SEE

- ☐ **Sagging, bowing, cracks, new leaks**
- ☐ **Doors that stick or pop open**
- ☐ **Creaking, cracking or popping**
  Evacuate and get it inspected

Want the reasoning and the sources behind each line? Read the full guide on the TacticalBox blog.
tacticalbox.com/blogs/tacticalbox-blog

Sources: OSHA winter weather hazards; American Heart Association (Dec 2025); National Weather Service; Nationwide Children's Hospital study; Maine Emergency Management Agency (IBHS estimates); West Virginia University Extension. Call 911 in an emergency.