

Winter Snow Removal Safety

Winter is a sure sign of snow and ice. The Faith Community Health Team would like to remind that shoveling, manually pushing snow, or pushing a snow blower can put some people at risk for a heart attack. Do not remove snow after eating, while smoking, or to the point of exhaustion. For more information, visit the National Safety Council's website at <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter/snow-shoveling>