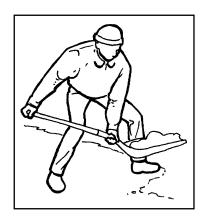


3-Slide the shovel back to you.



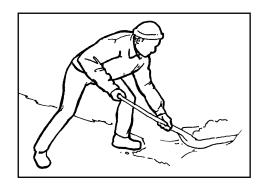
2-Push down of the handle so the shovel holds the snow.



4-Lift the shovel with your legs.



5-Throw the snow with your legs and spray the shovel with Pam so it is slipperier.



1-Run the shovel in with your legs.

Anyone who lives in the snow belt knows that the snow blower can't get into hard to reach places and sometimes you have to shovel. Here is a great way to shovel snow using **PowerLift®** and your legs, instead of your back. It takes five simple steps to scoop and throw a shovel full of snow but once you get the rhythm, you will be able to shovel snow quickly. Give yourself a break and give it a try.

## SHOVELING SNOW