



Shoveling

This worker is shoveling from a high area and throwing the material to a low area. This is typically done with the back simply because most people don't move their feet as they move the load. The easiest and safest way to shovel like this is to step into the direction the load is going in. As seen on the right, above, he is stepping into the direction of the throw as he swings and empties the shovel. Use and move your entire body when doing work like this. That way you are taking the load off of your back and distributing it across lots of other areas so that you are not wearing out the same part all the time. Distribute the load as you work, anybody can do it!