

Prevent Musculoskeletal Injuries during Snowmaking

Musculoskeletal injuries are injuries of the muscles, nerves, joints and spine. Working in the cold can affect your performance and make you more prone to these injuries. Injuries can occur when moving snowguns and hoses, digging out guns and hydrants, fluffing hoses and carrying equipment.



Plan ahead

- Make sure equipment is free of ice and snow BEFORE you move it.
- Pick up hoses every time you are making snow to avoid having to dig out buried hoses.

Practice proper lifting

- Check that your path is clear.
- Make sure your footing is firm.
- Don't twist your body.
- Take the time to do it safely.

Dress for the job

- Wear multiple, lightweight non-cotton layers.
- Select footwear or icewear appropriate for ground conditions. No one type works for all conditions.

TURN IT WHITE SAFELY