



Prevent Musculoskeletal Injuries during Snowmaking

What are musculoskeletal injuries?

Musculoskeletal injuries are injuries of the muscles, nerves, joints and spine. A combination of risk factors, including forceful or repetitive exertions, awkward postures and exposure to environmental factors, such as extreme cold or humidity, leads to injury.

Snowmakers can be injured while lifting, pushing and pulling snowmaking equipment in the cold

- Relocating snowguns and hoses
- Digging out guns and hydrants
- Fluffing hoses to keep them on top of snow
- Carrying hoses and equipment

To prevent injuries snowmakers should

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

***As you make the flakes
TURN IT WHITE SAFELY!***

- Practice proper lifting techniques:
 - Check that your path is clear.
 - Be certain your footing is firm.
 - Don't twist your body.
 - Take the time to do it safely.
- Dress appropriately for the weather and job:
 - Wear multiple, lightweight, non-cotton layers to create your own personal climate control.
 - Select footwear and icewear appropriate for ground conditions.
 - Consider using footwear with a sandpaper-like grit texture to increase traction.

Did you know?

Working in the COLD can affect your performance and make you more prone to musculoskeletal injuries.

- Muscles are less elastic and do not absorb shock and impact as readily.
- Joints are stiffened.
- Strength is reduced.
- Work efficiency is lowered.
- Movements are less coordinated.

BE PREPARED : Think safe, act safe, be safe



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New York State
Fatality Assessment and
Control Evaluation program
[www.health.ny.gov/
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