

Shovel Snow Safely

Shovel snow safely this winter

Winter is here, and with it comes many traditions and activities: Holiday celebrations with loved ones, skiing and snowboarding outings in the mountains, fireplace-lit living rooms, homemade batches of soup... and shoveling snow.

Should you live somewhere in Kansas, Nebraska, or Missouri when snow storms hit and your driveway and walkways are covered with the cold white stuff, you might want to just stay inside. But if your work and personal commitments make that impossible, you'll need to first dig out the snow shovel - or make sure it's handy before the snow flies!

For many people across Kansas, Nebraska, and Missouri, snow shoveling will be both a reality and a necessity this winter. At Saylor Insurance Service, Inc., we want to ensure your efforts will get you on your way while also keeping you safe, so here are some snow-shoveling tips offered by the *Boston Herald*.

- Warm-up! Never jump right into an activity. Start by cleaning off your car.
- Place your hands a good distance apart on the shovel - it helps with leverage.
- Never bend at your waist.
- Push the snow when you can.
- Scoop smaller loads of snow.
- Use your legs, core and arms to help scoop and throw snow.
- Always step in the direction you throw snow to avoid excessive twisting on your lower back.

If snow shoveling is on your winter task list, we at Saylor Insurance wish you both a clear sidewalk and a healthy body.

****Saylor Insurance Service, Inc.** is a local Independent and Trusted Choice® agency that represents multiple insurance companies, so it offers you a variety of personal and business coverage choices and can customize an insurance plan to meet your specialized needs. You can visit **Saylor Insurance** at 21 Main Street, Sabetha, Kansas, inside the Morrill & Janes Bank Building, online at www.saylorinsurance.com, or call us at **785-284-3435** or toll free at **888-736-2265**.