

Stress-Free Shoveling



A shovelful of dirt may not seem like much of a load, but you can strain your back if you lift it the wrong way, especially if your back has not been getting much exercise lately. When you follow these guidelines, you transfer the work of lifting and turning from your back to your legs.

- Plant your feet firmly apart.
- Bend your knees slightly.
- Use your legs to help lift the load.
- Bring your arms in close to your body.
- Pivot and step toward the spot where you're going to deposit the load, rather than twisting your back.
- Stand with your back straight and aligned so your body weight does not add to the load.
- Get regular exercise to further protect your back from injury.
- Do not lift shovel higher than 40 inches.
- Use a D-Handle on the shovel as much as possible.
- The handle length of 48 inches is preferable to minimize bending.



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Wintertime Driving



Fair or foul weather driving always presents hazards. But winter months curse drivers with conditions that are far different than those they face during the summer.

Tips for Winter Driving

1. Make sure that you are able to see and be seen. Clean all the snow and ice off of your windshield, other windows, outside mirrors, lights and reflectors. Make sure your vehicle is equipped with good wiper blades, and that wiper arms are exerting enough pressure on the blades to ensure a clean sweep. If moisture or ice builds up on the inside or outside of your windshield, stop and clean it off.
 2. Tires with good deep treads are essential for good cornering and handling on slippery roads. Check the air pressure frequently to maintain the manufacturer's recommended pressure.
 3. Get the feel of the road. Occasionally try your brakes or gently depress your accelerator while driving. When you have found out just how slippery the road is, adjust your speed accordingly. Rising temperatures greatly increase the slipperiness of ice and snow.
 4. Stretch your "following" distance. Knowing that winter surfaces increase stopping distance 3 to 12 times, the smart driver increases his normal dry road following distance. Heavy trucks require a longer stopping distance on slippery roads than passenger cars. And don't tailgate.
 5. Brake before curves. All vehicles are particularly sensitive to over-powering, over-steering, and over-braking on curves. Unseen hazards around the bend may require an evasive action, so turn your steering wheel slowly and smoothly, keep a constant speed in the turn, and tap your brakes carefully if it's necessary to slow down or stop.
 6. When you must stop suddenly on wet or slippery roads, do one of the following:
 - a. If your vehicle is equipped with an Anti-lock Braking System (ABS), put your foot firmly on the brake pedal and allow the ABS to pump your brakes for you. This allows you to concentrate on steering.
 - b. If your vehicle does not have ABS - pump your brakes. The key to stopping under control on slippery surfaces is to avoid locking the wheels. A rapid pumping of brakes will provide short intervals of braking and of rolling wheels alternately, and will enable you to maintain steering control while stopping.
 7. Use proper lights. Never drive with parking lights instead of headlights in winter's early dusk and poor visibility. Parking lights can cause an oncoming driver to think you are farther away than you are. Keep headlights clean; dirty ones can greatly reduce your own seeing distance at night.
 8. Be prepared in case your vehicle breaks down or slides off the road. Have the following items on hand: A charged cell phone, a working flashlight, a shovel, an ice scraper, blankets, any critical medications and water/food.
- Stay with your vehicle, make sure the exhaust pipe is clear and only run the vehicle as much as necessary, and place a bright marker on the antenna.

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