How to Shovel Snow Worksheet

Instructions: Watch the video and answer the questions below.



Questions:

1. What is this video about? shovel snow rake leaves dress warm
2. What are two injuries you can get from shoveling snow? (check 2)

   arms neck heart attack legs lower back

3. How should you dress when shoveling snow? fancy warm nice
4. What are 3 things you should wear? (check 3)

   hat wallet good boots short pants warm jacket

5. You should lift the snow, not push it. True False
6. You should make small piles. True False
7. How many minutes should you shovel at one time? 15 30 60
8. What should you do if you are out of breath? take a break shovel slower

LIVEWORKSHEETS