**Hazards:** MSI injuries– lower back strain

**Equipment:** Ski Pole

**Personal Protective Equipment:** N/A

## Safe Work Procedure

When a guest falls in deep snow it can be an exhaustive process to get them up and moving down the terrain again. To avoid the guide and/or guides assistant from putting themselves in harm’s way by twisting, turning, bending or rotating in a hazardous fashion, follow these simple guidelines:

1. Always approach the guest on the downward slope
2. Ask guest to position both skis parallel to the slope, stomp a base platform with skis to create a shelf in slope if possible
3. Plant your skis firmly in a parallel position on the slope, stomp a firm base to secure your footing
4. Brace core, slight bend in knees. With a ski pole, ask guest to grasp pole with both hands
5. Ask guest to brace core, keeping weight equal over both feet
6. On the count of 1,2,3, pull guest to a standing position

**Assisting guest with snowboard**

1. Have rider rotate around on the snowboard so that the front of their body is facing the slope
2. Stomp shelf into the snow to create a stable platform
3. Rider to either push him or herself up to a standing position, or rotate over to face away from the slope and have guide implement the pole assist technique to assist rider to a standing position

**Reference:**

Canadian Avalanche Centre: [www.avalanche.ca](http://www.avalanche.ca)

The Snow Conveyor Shoveling Method (by Manuel Genswein)