



## *Snow Removal!*

*Featured Article by GOL*

*Hello! GOL is featuring a new article about planning ahead for snow removal. Great Outdoors is a year round landscaping company, which means we also do snow plowing for our clients. If you're considering using professional services to help with your snow troubles, we are more than happy to be of service.*



*Planning ahead for snow removal is critical to ensuring a fast response. When snow starts blanketing your property this year, you can count on us for prompt, efficient snow removal and de-icing services.*

Here are some tips that are very important when it comes to shoveling after a snow storm.

1. Limber up: Don't be in too much of a hurry to start shoveling. Stretch out the same way runners do, from your hamstrings to your back and even your shoulders. Resist the urge to fly out and just get the job done, start slowly and ramp up your speed.
2. Decide where you're putting the snow before you start shoveling: Dump far and then dump closer and closer to the locations you're shoveling. At the end, you're going to try and dump the snow the shortest distance possible. With porches start from the center and work your way out.
3. Maintain a proper posture while you're shoveling: Use your leg muscles keep your back straight, use your shoulders, hold the shovel as close to your upper body as possible and don't twist your upper body to throw snow. If one hand is close to the spade of the shovel it will give you more leverage.
4. Taking care of you: Make sure you keep hydrated, rest frequently, don't over dress, and stretch after shoveling.
5. De-icer: Be thorough not fussy, the sun is relatively strong this time of year; shovel put some de-icer down and let the sun do the rest. If you're

scattering de-icer by hand throw the salt, pellet, or granules low along the ground so they bounce and roll into a uniform layer.

6. Always get a head start: It is easier to clear away thin layers than a giant heap. If it's looking like your going to get dumped with snow then shoveling should be done in several passes.

We are offering customers in your area expert snow removal services. It doesn't matter what size your property is we will help manage it and maintain your weather worried to a minimum. We are a full service snow removal company that includes, salting and de-icing. We have several pricing methods that are available that depend on your needs.

We have a wide variety of properties that we specialize in. It includes but is not limited to Commercial, Industrial, Retail sites, Shopping Centers, Malls, Plazas, Hotels and Buildings (ex: nursing homes, Medical buildings, Assisted living facilities).



Great Outdoors Landscaping  
11 McCarthy Road  
Island Park, NY 11558  
(P): 516-546-3116  
(E):greatoutdoorlandscaping@yahoo.com