



Regardless of what industry you work in, sometimes it is helpful to reflect upon some of the basics about safety issues that are pertinent to your job. Those who work as parcel delivery drivers or couriers are exposed to numerous serious hazards. Delivery trucks are larger and heavier than cars and require special skills to drive safely. Most delivery trucks have a blocked view to the rear, yet drivers back often. Although the delivery area may be relatively small, its hard work and the combination of driving making deliveries can cause fatigue. On top of all those things, the packages can be heavy, requiring safe lifting practice; the walking surfaces can be slippery or poorly maintained, and distractions are everywhere. The following safety basics are fundamental to injury prevention as a parcel delivery driver or courier.

DELIVERY TRUCK INSPECTIONS

Delivery trucks must be inspected before and after each trip.

Delivery truck inspections help the driver discover unsafe conditions before they become accidents. Check the following:

- Headlights, reverse and running lights
- Tires proper inflation, wear & damage
- Wipers and windshield washer fluid
- Glass and mirrors clean
- Seat belts function
- Floors and dash clear of obstructions
- Loads secured in the back, door secured

DEFENSIVE DRIVING

Never drive fatigued. Switch drivers or pull over for a short nap.

Wear your safety belt.

Slow down – delivery trucks are heavy and take more distance to stop.

Never tailgate – delivery trucks are heavy and cannot stop quickly.

Eliminate distractions like cell phones, iPod use and excessive conversation – distracted driving mimics intoxicated driving behavior.

SAFE LIFTING PRACTICES

When manipulating loads hauled by delivery trucks, use safe lifting practices:

Take enough help to team lift objects if warranted.

Incorporate stretching into your daily routine to minimize the risk of injury associated with manual handling tasks.

Follow safety lifting practices

- Size up the load:
 - How much does it weigh?
 - Are there handles?
- Use tools dollies and ramps
- Preplan the route - what is the easiest route to the destination of the load?
- Survey the area for slip, trip hazards.
- Lift smoothly & without jerking motion.
- Set the load down smoothly.
- Stay hydrated with water.

PREVENT SLIPS, TRIPS AND FALLS

Never jump from the back of a delivery truck, as knee injury could result.

Wear proper footwear – safety footwear that keeps traction on unloading ramps and tread plate floors.