

Slips, Trips, and Falls

Parcel delivery drivers and couriers often spend a large amount of time driving as is required by the profession. Delivery drivers can operate panel vans, step vans, box trucks, etc. While drivers are faced with hazards driving, a plethora of hazards is faced once the driver stops the vehicle and begins to deliver the package to the customers' door. A hazard often encountered by drivers while delivering packages is slips and falls. Slips and falls can occur while exiting the vehicle, on a customer's porch or while walking on an uneven surface. Add in a package varying in weight and shape and the likelihood for a slip or fall only increases. Follow these principals to avoid slips, trips and falls.

Maintain Eyes on Task

While entering and exiting the vehicle maintain a clear view of the intended path including any obstacles ahead. When presented with a package that will obstruct the view of the path of travel, use a manual handling aid that allows for an unobstructed view. Additionally, observe the intended path of travel before handling the package and make mental notes of the terrain ahead such as slippery surfaces, steps, etc.

Wear Appropriate Footwear

Wear a non-slip shoe that provides ample traction to prevent a slip or fall while working in wet conditions such as rain. Additionally, a shoe that supports the ankle is recommended to protect against ankle injuries while working on uneven surfaces.

Replace Anti-Slip Strips Frequently

Abrasive tape strips help provide additional slip-resistance and should be placed on the steps and rear entry area of your deliver vehicle. However, they can become worn over time and become less effective. Ensure that they are replaced frequently to slips getting in/out of your vehicle.

Slow Down

When transporting packages from the vehicle to the customer, slow down and don't rush to deliver the package. Additionally, when delivering a package on a porch, don't jump off the porch. Jumping from a ledge or porch can place great stress on the lower extremities while creating the potential for a fall.

Monitor Weather Conditions

Monitor the weather conditions outside and make note of any changes while completing deliveries. If precipitation is present, take extra precaution as rain, ice or snow is a known contributor to slips and falls.

3 Points of Contact

Maintain 3 points of contact when climbing into or out of the vehicle. Use any available grab bars present to maintain balance and prevent a slip or fall.

Be Aware

Observe customers properties for any cords such as extension cords or cable cords that have the potential to contribute to a slip or fall. It is commonplace that these types of cords are taped down and can be hard to visualize. Additionally, be aware of loose mats or rugs often found on customers porches.

SUBROGATION

Subrogation is the process for recovering money spent on workers compensation claims from negligent third-parties, such as when an employee slips/falls. However, far too often attempts to control the cost of a claim through subrogation fail because the injured employee did not follow a few simple steps. To increase the success rate of subrogation, (1) Report the incident immediately to your supervisor or other or other designated person; (2) Report the incident to someone where the injury occurred and get the name/title of that person; (3) Take photos and provide them to the person in your company that handles workers compensation claims; and (4) Get the names and contact information of any witnesses.