

As a delivery driver, the bulk of your day is spent by yourself out on your delivery route handling package after package. Oftentimes, to fight boredom and remain connected to friends and family in downtime, you might be tempted to turn to social media outlets such as Facebook, Twitter, Instagram, Reddit, Tik Tok, and numerous others. The increase in the use of smartphones to access these platforms has resulted in many drivers becoming distracted while driving. According to the National Safety Council, 1.6 million crashes in the United States result from drivers utilizing their cell phones while driving. While most of these accidents were attributed to texting and driving, scrolling social media has become a larger contributor to accidents recently.

In recent months, the creation of short videos often referred to as “Tik Tok’s” has swept across the world. While initially, the platform was largely users in the teen and early teen demographic, it has recently spread to users of all ages. Tik Tok has become a platform to share tips, tricks, memories, and fun ideas to users of all demographics. Recently, the platform has seen an uptick in delivery drivers like yourselves posting short videos of driving, dancing, and packages to be delivered for the day.

As a delivery driver, you should never use a handheld device such as a cellphone while operating a delivery vehicle. You already know that. Unfortunately, recent videos created by other delivery drivers make it important to stress a few more things to avoid.

- Don’t dance or remove your hands from the steering wheel while operating a delivery vehicle
- Don’t dance or jump in the back or out of a delivery vehicle
- Don’t exercise in the back of a delivery vehicle
- Don’t lay, climb, or jump on the package shelves in the back of a delivery vehicle

In addition to being unprofessional, there have unfortunately been injuries resulting from delivery drivers who have engaged in that behavior. Slips and falls have resulted in result in a variety of injuries, including twisted ankles, broken bones, torn ligaments, deep lacerations, and head injuries.

Although workers’ compensation is designed to cover costs associated with work-related injuries, it does not universally cover all injuries sustained while you are working. For the injury to be covered, it must be within the course and scope of employment, and injuries sustained horseplay are generally not covered.

Remember

When operating a delivery vehicle, you should never use your smartphone as this has been a proven distraction and increases the likelihood of you being involved in an accident. While social media is a fun place to connect with friends and family, videos should never be created while on duty.