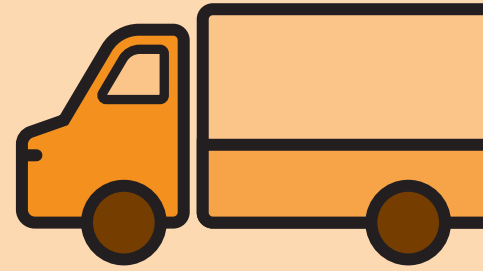


# How delivery drivers can avoid the most common injuries



Most driver injuries fall into four categories.

## Getting in and out of vehicles

- Park on level ground or pavement when possible.
- Use 3 points of contact — handholds, steps. Don't jump or climb in/out while carrying packages!
- Use hand rails on stairs.
- Make sure your shoes have good traction.



## Lifting and carrying

- Make two trips or use a hand truck — don't carry more packages or more weight than you can safely handle!
- Don't carry tall stacks that block your view of the ground.
- Keep packages close to you and at waist level when lifting, carrying, and putting down.
- Square up to the load; don't twist to lift.
- Pocket your phone to improve your grasp.



## Contact with objects

- Don't rush inside the vehicle. Be aware of items at head height.
  - Use a headlamp or flashlight to spot hazards in dark areas.
  - Look around when walking for potentially dangerous objects or people. Check your phone only when you're back in the vehicle.

## Watch out for animals



- Don't run! Running into a dog's yard can seem like an attack. Running away can set off a chase.
- Have customers put dogs away before getting close — dogs want to defend their owners.
- If an animal attacks, stand still and use the package as a shield.



For more information visit: [www.Lni.wa.gov/DeliveryDrivers](http://www.Lni.wa.gov/DeliveryDrivers)



Washington State Department of  
**Labor & Industries**

Division of Occupational Safety and Health

*Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 711. L&I is an equal opportunity employer.*

FY23-070 [11-2022]