



Data shows that most injuries involving delivery drivers in Washington fall into four categories. L&I's Division of Occupational Safety and Health has these tips for making it safer to do your job.

Getting in and out of vehicles

- Park your vehicle so you're able to step out onto level ground when possible.
- Use 3-points of contact – handholds, steps – when climbing in and out of the vehicle. Don't jump!
- Use handrails when going up or down stairs.
- Make sure your shoes have good traction.
- If a package requires both hands to carry, climb out of the vehicle first and then pick it up.

Lifting and carrying

- Carry only the number and weight of packages you can safely handle.
- Make two trips if needed or use a hand truck if you have one.
- Avoid carrying a tall stack of packages that blocks your view of the ground ahead of you.

- Place heavier packages where you can lift them at waist height.
- Bring packages close to you when lifting them. Keep them close to you when carrying and putting them down.
- Square up to the load; don't twist to lift a package.
- Pocket your phone to improve your grasp.

Watch out for animals

- Don't run! Running into a dog's territory (its yard) can seem like an attack on the dog. It will defend itself and its turf. Running away can trigger a dog to chase you.
- Have customers shut their dogs away before getting close or handing them a package. A dog might defend its owner if it sees you reaching toward them.
- If an animal attacks, stand still and use the package as a shield.

Contact with objects

- Avoid carrying a tall stack of packages that blocks your view of objects.
- Don't rush when inside the vehicle. Be aware of items at head height.
- Use a headlamp or flashlight when delivering in dark areas so that you can spot any hazards.
- Be aware of any potentially dangerous objects or people. Look around when walking. Check your phone when you're back in the vehicle.