

Delivery drivers: safe lifting tips

Takeaways

- Assess the item you are about to lift.
- Avoid reaching for an item, instead take a step closer when possible.
- Hold the load close to your body.
- Only lift/carry the amount of weight you are comfortable with, which may mean making multiple trips in one delivery.

Delivery drivers lift and carry packages all day long. If they aren't using proper techniques, lifting, and carrying even the lightest package can cause an injury. Physical capacity, health, personal fitness, and fatigue all affect a worker's ability to lift safely. Here are a few tips for safe lifting:

- Assess the load and plan the lift.
- Position your body in front of the load.
- Stand with your feet shoulder width apart for balance; put one foot back to boost stability.
- Position the load close to your body, tighten ab muscles.
- Lift with knees flexed to use your leg muscles but avoid deep squatting.
- While you are walking, shift the load to one side so you can see your path of travel.
- When putting the load down, maintain the curve of your spine and use your leg muscles for motion and support.
- If you are reaching or setting down an item that only requires a one-handed lift, turn sideways, step close to the item and reach with the same side hand.
- Avoid crossing in front of your torso to reach for an item, as this creates a spinal twist and increases injury risk.

- Even when buckling your seatbelt, avoid reaching across your torso. Drivers and passengers on the left side of the vehicle should reach with your left hand for the seatbelt then pass it to your right hand to buckle. Passengers on the right side of the vehicle should use their right hand to grab the seatbelt and pass it to your left to buckle.



Take action (Complete one or more activities as a team)

- GROUP DISCUSSION: Discuss your company's policy when you encounter items that are too heavy or unsafe to lift.
- DEMONSTRATION: Practice the steps and body posture for lifting an item safely with two hands, as shown in the photo above.
- QUESTION: What do you feel is the most important thing to remember for safely lifting items?

**Safety talk
sign-in sheet**

Record your attendees for compliance.

Instructor's name: _____

Date of training: _____

ATTENDEE NAME (Print)

ATTENDEE SIGNATURE

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