

Delivery drivers: slip, trip and fall prevention

Takeaways

- Slow down and keep your eyes on your path
- Assess the area you will be traveling
- Depending on the terrain, consider adjusting your stride
- Pay extra attention when taking stairs and moving from different terrain

Delivery drivers walk all day on a variety of terrains, including stairs, decks, roads, and sidewalks. Slips, trips, and falls are a high exposure because surfaces may be wet, uneven, or broken. Here are several tips for preventing a slip, trip, or fall:

- Wear appropriate shoes
- Slow down
- Stay alert for uneven surfaces
- If moving between vehicles, watch for curbs and potholes
- Assume there is ice if it's near freezing and walk like a penguin
- When ascending/descending stairs:
 - Take one step at a time
 - When possible, keep one hand free and use the handrail
 - Never walk backwards when descending stairs
 - Avoid running up or down stairs
- Shift the load so you can see your walking path
- Pay particular attention when moving from even terrain to uneven terrain
- Keep your eyes on your path and not on electronic devices



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

- A. GROUP DISCUSSION: Discuss your policy for delivering packages in an area that appears unsafe to walk.
- B. DEMONSTRATION: Show how to hold an item so you have a clear view of your walking path.
- C. QUESTION: What have you tried to prevent slip, trip, or fall injuries?

Record your attendees for compliance.

Date of training: _____

ATTENDEE SIGNATURE

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