

Take steps to reduce injuries – and workers' comp claims – among your delivery drivers



Put ergonomics to work for you!

Install a swivel driver's seat to reduce lower back forces when drivers reach for items.



Allow more time for loadout when there are more packages. Keep lifting pace at 5 lifts per minute or fewer — year round.



Provide smaller tote bags to reduce reach distances.



Reduce reach distance at the rear of the van by reducing the depth of the bumper or providing a bolster that acts like a bridge to slide items across.



Reduce maximum loads for bags to 35 lbs.



Keep heavier, oversize packages at waist level when lifted and lowered.



Give drivers on-the-job lifting training AND real-time coaching during loadout.



For more information visit: www.Lni.wa.gov/DeliveryDrivers



Washington State Department of
Labor & Industries

Division of Occupational Safety and Health

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