# A screen shot of a computer  Description automatically generatedmaterial handling safety for delivery drivers

Working as a delivery driver can bring exposures such as sprains and strains and overexertion injuries. Some conditions involving material handling that might present these exposures are:

* Picking up material to be moved
* Slips, trips, and falls while transporting material
* Push and pull movement of carts or dollies

*Material handling safety tips:*

* Wear closed toed shoes with good grip as well as gloves to assist with lifting items
* When using carts or dollies to load or unload push and never pull the load
* Plan your path before moving the load to avoid any obstructions
* Do not take a shortcut through an area that presents additional hazards
* When opening the truck or bay doors use handles and straps to get a good grip
* If you must lift a load manually use proper lifting techniques and take it slow
* If you have dollies, carts, lifts, straps etc. available to assist a heavy or awkward load, use them
* Lightweight ramps should be used to prevent strain on steps or curbs with heavy items
* Break the load into smaller groups when possible
* Do not obstruct your view when traveling
* Keep good housekeeping in the trailer as items are cleared out to prevent tripping or stepping on sharp items
* If items are loaded into the trailer and not secured properly, bring it to the attention of the loader and have it reassessed
* If cargo shifts, pull over to a safe area and get the load tightened
* Plan stops in your route for rests to avoid muscle fatigue

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