

Delivery Truck Safety

Transportation

A delivery employee unloads various sizes and weights of cases from the truck daily. These employees face several distinct hazards throughout their work day including fatigue, slips and falls and strains and sprains. Delivery trucks are generally tall, with deep and high cargo bays which can lead to strains and sprains. Review these safety tips with your employees.

Tool Box Tips

- Delivery trucks must be inspected before and after each trip.
- Use three points of contact when entering and exiting the vehicle.
- When reaching into the truck body to retrieve cases, use a long hooked handle. Reaching for heavy objects could lead to back or shoulder injury.
- Keep truck body doors maintained and lubricated—reduce force needed to lift.
- Put empty kegs in compartments that are low to the ground. Avoid stacking them in high compartments to avoid injury caused by lifting overhead.
- Use a hand truck to move cases or kegs as often as possible.
- Use ramps, if provided, to move kegs or cases in and out of low compartments.
- On long deliveries, take breaks often.
- Stay hydrated with water. Avoid caffeine, sugar, or energy drinks.



These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.