



Loss Prevention

COMPlnsiders®
by summit

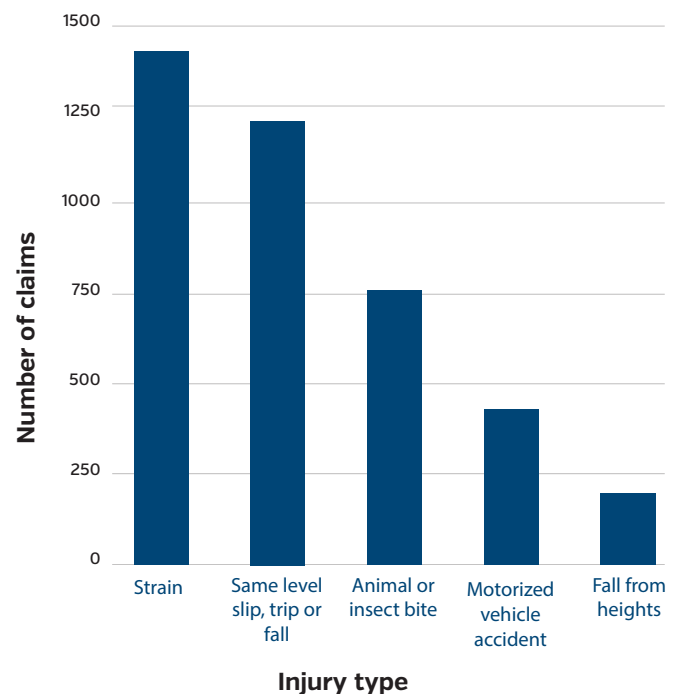
Safety Tips for Delivery Drivers

Delivery drivers have the important job of fulfilling customers' needs which helps keep the supply and demand channel moving. Delivery drivers ensure that products arrive by the scheduled time and in good condition. This involves loading and unloading items onto and from delivery vehicles and entering unfamiliar surroundings to deliver items. Unforeseen obstacles can lead to workplace injuries during deliveries. Let's look at some of the more common injuries we've seen and some recommended tips to help avoid them.

Common injuries¹

Based on lost-time and medical-only claims during 2017–2022 for Summit-managed insurers.

1. **Strain:** Involving lifting, twisting, pushing and pulling of materials.
2. **Same level slip, trip or fall:** Involving inappropriate walking stride or slippery or uneven walking surfaces.
3. **Animal or insect bite:** Involving bite, sting or allergic reaction.
4. **Motorized vehicle accident:** Involving collision with another vehicle or a stationary object.
5. **Fall from heights:** Involving falling from stairs, a landing or other elevated working area to a surface below.

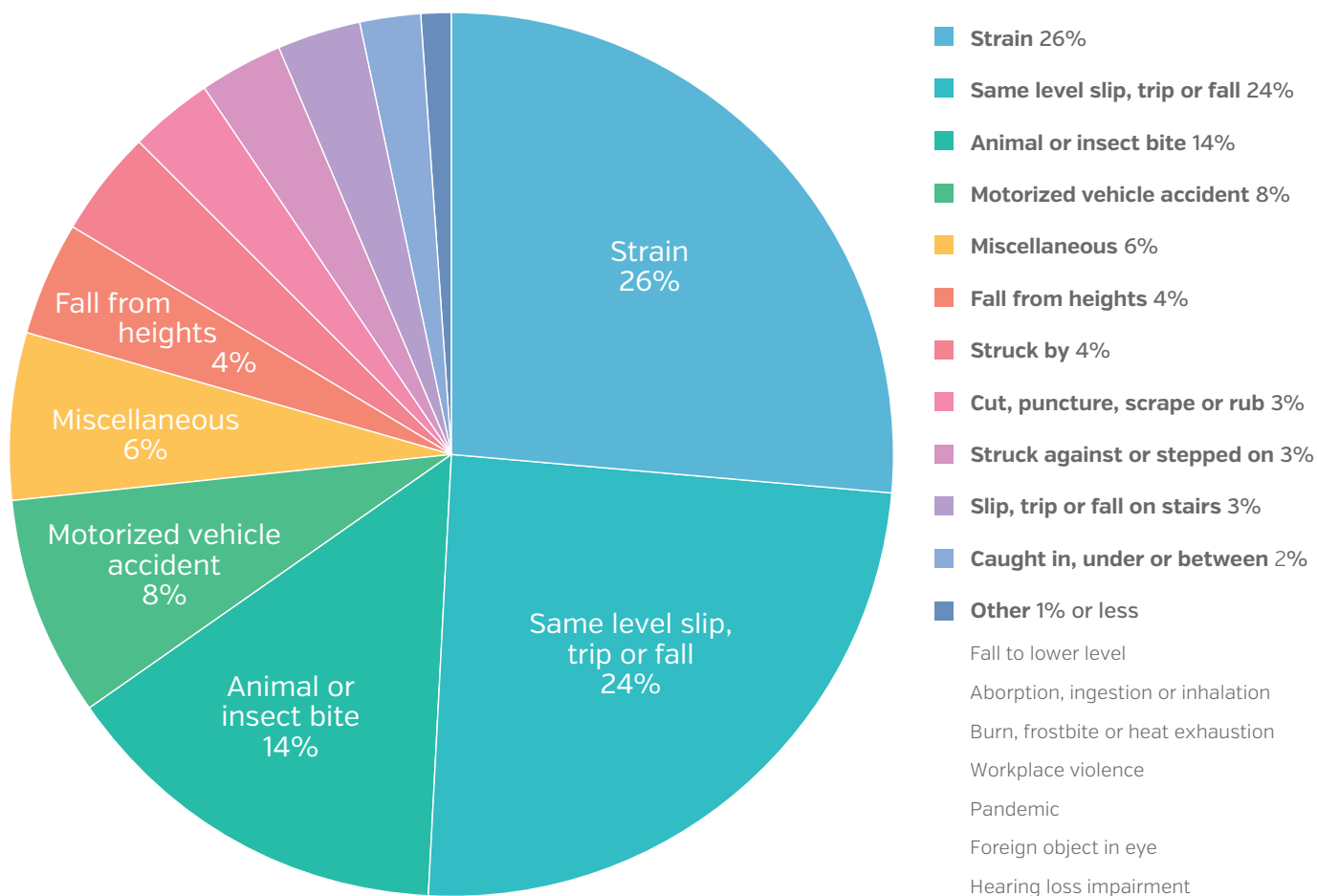


Delivery drivers: Examining the details

Summit's internal data shows that injuries among delivery drivers are on the rise. The most common body parts involved in these injuries are the knee, ankle, lower back, and leg. When employees take a proactive approach and employers provide proper education on job-specific hazards, conduct safety assessments and provide corrective action, the risk of being injured at work can be reduced.¹

Injuries reported among delivery drivers¹

Based on lost-time and medical-only claims during 2017–2022 for Summit-managed insurers.



Did you know?

According to the United States Postal Service [USPS], more than 5,400 postal employees were attacked by dogs in the United States in 2021. It's important to remember that dogs are territorial in nature and protective of their owner's property. The best way to keep everyone safe from dog bites is to recognize and promote responsible pet ownership.²

**Preventing strains**

- Stretch muscles prior to and after shift.
- Before lifting, size up the load. If it's too heavy to lift alone, ask a teammate for help or use a mechanical lifting device.
- As you bend down to lift, bend with your legs, not your back.
- Make sure your carrying path is clear with no obstacles to navigate around.
- Favor pushing movements over pulling movements to avoid straining the lower back.
- Avoid twisting or leaning while you're lifting or carrying an object.³

**Preventing slip, trip or fall**

- Take your time and pay attention to your surroundings.
- Adjust your stride to a pace that is suitable for the walking surface and the task at hand.
- Take short steps on slippery surfaces to keep your center of balance under you and point your feet slightly outward.
- Make wide turns at corners.
- Use walkways when available and never run.⁴

**Preventing animal bites**

- Avoid startling a dog by making your presence known before you enter its territory by whistling, honking your horn or rattling the fence to gauge their response.
- Pay close attention to a dog's body language. Some signs of aggression are growling, barking, stiffness, baring teeth, yawning and pulled back head and ears.
- Communicate with homeowners about pets before entering a yard or home. Ask them to move animals inside or in a separate room of the house.
- Carry dog repellent, mace or a loud air horn. Make sure you adhere to the guidelines of use set by your employer.^{5,6,7,8}

**Preventing motorized vehicle accidents**

- Check vehicles before use to make sure they are in safe operating condition.
- Avoid distractions, such as cell phone use or eating, while driving.
- Obey the speed limit.
- Program navigation system and familiarize yourself with your route before you begin driving.
- Avoid speeding and harsh braking.^{9,10}

**Preventing falls from heights**

- Climb in and out of vehicles with at least three points of contact, moving one limb at a time.
- Carry packages in a manner so that you have a clear view ahead.
- Hold handrails on stairs when available.
- Use a flashlight or headlamp when lighting is minimal.
- Check for any broken bricks or concrete on steps before proceeding.^{11,12}

Summit is here for you

Ensuring the safety of your employees is necessary to providing efficient delivery services. Your employees are essential to your business's productivity and success, so it makes sense that you invest in their health and well-being.

Summit is here to support you in that goal—not only by providing premier workers' comp coverage—but also by offering resources to help educate you and your employees on safe work practices.

Our loss prevention visits can assist in injury prevention by:

- Providing assistance and training for hazard identification, job safety analysis and incident investigations
- Conducting site surveys
- Providing recommended solutions to improve safety

Our employers and agents have access to an extensive library of online safety training videos and supplemental materials. Insureds and agents can request login credentials by emailing SafetyResourceRequest@summitholdings.com. (Videos provided through JER HR Group LLC, dba Training Network, a Summit vendor.)

Because we understand that accidents can still happen, even if an insured has initiated safety practices, we also offer a return-to-work program called Back2work®. Benefits of using this program after a work injury include:

- Opportunities for transitional duty
- Quicker recovery
- Lower costs



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1. This information was obtained from Summit managed insurers Bridgefield Casualty Insurance Company*, Bridgefield Employers Insurance Company*, BusinessFirst Insurance Company, RetailFirst Insurance Company and Retailers Casualty Insurance Company [01/01/2016 to 12/31/2022]. *A Summit affiliate
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