



The Centre for
Occupational Safety

OCCUPATIONAL SAFETY IN EARLY-HOURS DELIVERY



Foresight

Dangerous situations can be avoided with a proper preparation.

Wear appropriate work clothing and use means of transportation with your company branding. This way you will stand out in a positive way from others.

Save all the necessary numbers on your mobile phone.

When you are familiar with the delivery area it is easier to change the delivery route in case of disturbance.

You should always notify your supervisor of any dangers or risks either immediately or at the end of the shift at the latest. Based on such risk notifications, similar situations can be avoided even on other routes through preventive actions.

Discuss with your supervisor how to make the route safer, for example through rearranging work or changing the route.

When in danger

You must never belittle dangerous situations. If you notice any risk for your own safety on your route, you should always take it seriously and distance yourself from the danger as fast as possible.

- Hand over the newspaper.
- Keep sufficient distance.
- Ensure your escape route.
- Stay calm. Avoid conversation, if possible.
- Do not grab or touch the threatening person.
- Leave.
- Always report the incident to your supervisor and if necessary, to the police.



HEALTH IS ALWAYS MORE IMPORTANT THAN MATERIAL!



DO NOT PROTECT NEWSPAPERS OR OTHER PROPERTY WITH THE EXPENSE OF YOUR OWN HEALTH!

Aftercare

The following types of symptoms and feelings can appear after experiencing a threatening or a dangerous situation:

- difficulties to concentrate
- fears, difficulties to sleep
- fear of being alone
- headache, stomach problems.

These symptoms are natural. Talking the situation through with your supervisor or colleagues will ease the situation. If you have any of these symptoms, contact your occupational health care provider.

Reporting

All dangerous situations and deviations must always be reported to your supervisor.



EMERGENCY INSTRUCTIONS

Emergency number **112**

1. Call the emergency number 112 yourself, if possible.
2. Tell Emergency Response Center (ERC) operator what has happened.
3. Give the exact address including town.
4. Answer any questions.
5. Follow the instructions.
6. Do not hang up until the ERC operator tells you to do so.

The telephone number of your company's distribution night supervisor:

Occupational Safety in Early-hours Delivery

The work of an early-hours delivery person is independent and carries great deal of responsibility. Appropriate safety solutions and processes ensure that work is done safely in all conditions. In addition, active dialogue and sharing information within the workplace are the key elements in creating a safer working environment.

This guide provides basic information about occupational safety for early-hours delivery personnel.

Publisher: The Centre for Occupational Safety, Communication and Logistics Industry Safety Branch Committee
Cover Photo: Vesa Kippola, Imagokuva
Print: Savion Kirjapaino Oy
1st edition 2020
ISBN 978-951-810-710-4 (printed)
ISBN 978-951-810-711-1 (pdf)

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