

**Practical
tips**



**Delivering newspapers –
safely and healthily**

Safe newspaper delivery wherever you go

Unfortunately, newspaper delivery agents frequently have accidents at work. They often fall and injure themselves in the process. Dangerous situations can also arise in road traffic. In this brochure, you will find all the important information you need to carry out your work as safely as possible.

Safe equipment for deliveries on foot



Important:

- 1 Weatherproof clothing
- 2 Reflectors
- 3 Sturdy shoes



Headlamp or flashlight



Mobile phone



First-aid kit



Whistle or personal alarm



✓ Stable
✓ Closed
✓ Weatherproof
✓ Non-slip

On ice:

- ✓ Shoe spikes
- ✓ Anti-skid chains
- ✓ Textile shoe covers

In the event of black ice: stop the delivery!



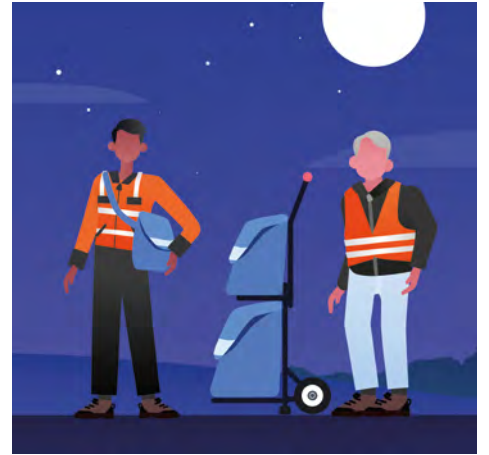
Lifting and carrying



Wrong: too far away, bent back, straight legs. This is bad for your back.



Right: close, legs bent, back straight. Lift the weight using the strength of your legs!

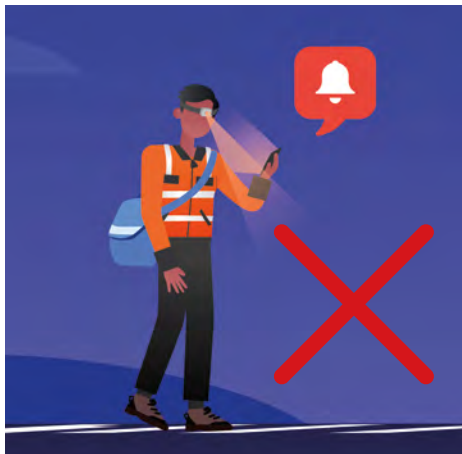


Carry only as much as you can handle. Use bags or trolleys.

Travelling on foot



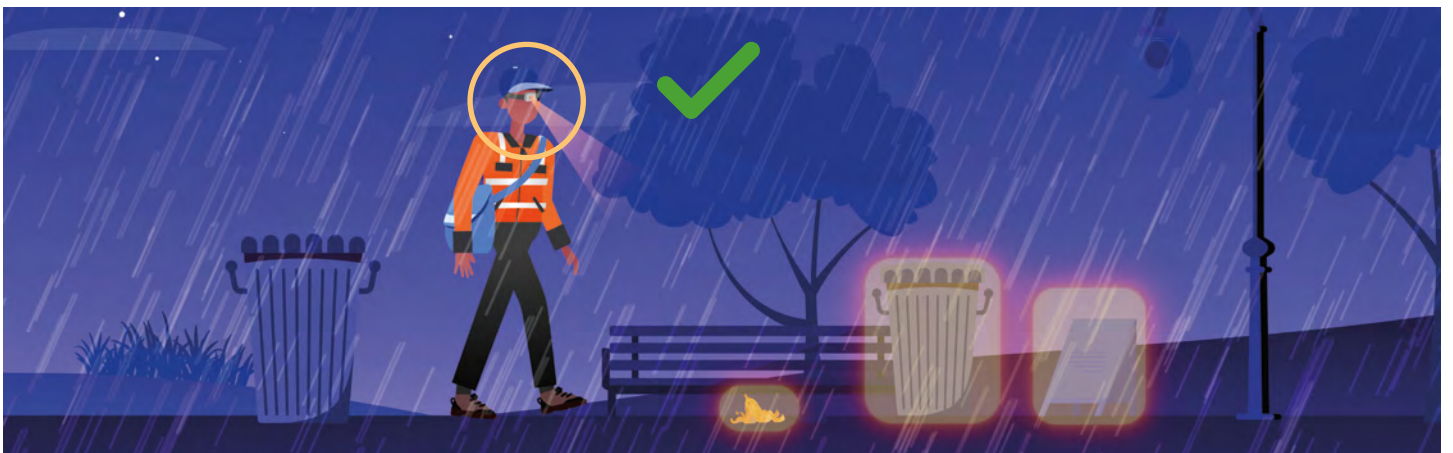
Cross the road at the narrowest point or use a zebra crossing.



Avoid distractions and keep your eyes on the road.



Sturdy shoes can prevent falls and injuries.



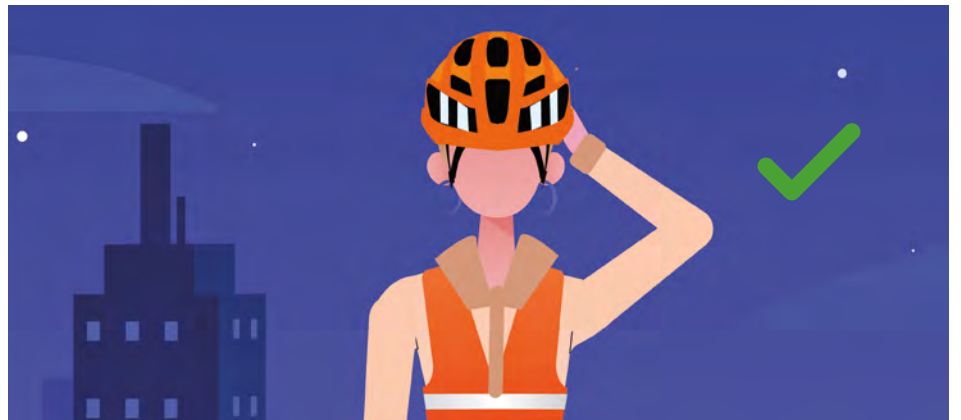
Important: Switch on your headlamp or flashlight if visibility is poor. This allows you to see obstacles and prevent falls.

Travelling by bicycle



Check your bicycle:

- 1 Brakes
- 2 Lights
- 3 Tyres
- 4 Bell
- 5 Reflectors



Important: Wear a helmet!



Wrong: too much weight on one side.

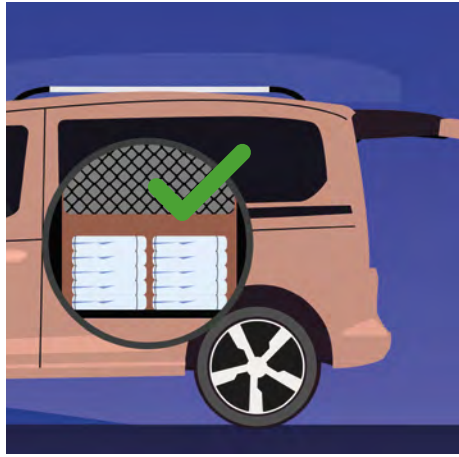


Right: distribute the weight on both sides.

Travelling by car



Open the door with your right hand. This allows you to see cyclists passing by. Use the handbrake.

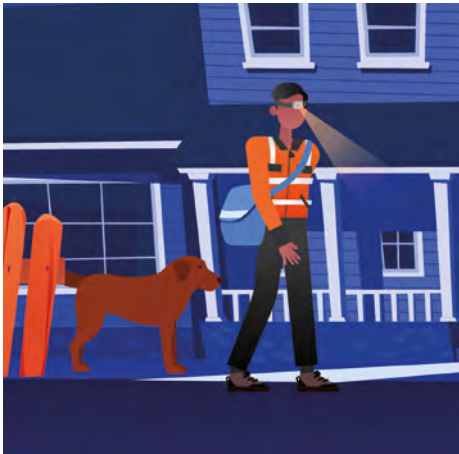


Only transport newspapers in the boot. Stack them evenly.



Wire partitions and nets protect drivers. Place the first-aid kit and warning triangle within reach.

Dangerous situations



Dogs: don't look them in the eyes, don't move quickly, don't run away.



In the event of an attack: speak loudly to the dog, place an object between you and the dog.



Drunken people: avoid contact, set clear boundaries, if necessary use a whistle or personal alarm.



We're here for you
BG ETEM

Our mission: health and safety at work

BG ETEM is the statutory accident insurance for around 4 million people at over 200,000 member businesses.

We help to make work as safe as possible for everyone. If you have an accident or work-related illness, we are there for you. We take care of treatment, rehabilitation and reintegration into the workplace.

BG ETEM insures employees in the sectors of energy and water, textiles and fashion, precision engineering, electrical trades and the electrical engineering industry, as well as printing and paper processing.

More about us and our services:

[🔗 www.bgetem.de](http://www.bgetem.de)

Order no. PU089

You can find our media about occupational health and safety at

[🔗 medien.bgetem.de](http://medien.bgetem.de)

Image credits:

SW Media for BG ETEM (cover), FIUMU GmbH for BG ETEM (illustrations)

BG ETEM

**Berufsgenossenschaft
Energie Textil Elektro Medienerzeugnisse**
Gustav-Heinemann-Ufer 130
50968 Köln
Telephone: 0221 3778-0
[🔗 www.bgetem.de](http://www.bgetem.de)

Follow us:

