



# Food Delivery workers

## Be safe while riding

The Personal Protective Equipment (PPE) for food delivery workers includes:



**A helmet**

You have to wear a helmet while riding on a public road in all parts of Australia

**Sunglasses or other eye protection**

Sunlight, insects and debris can damage your eyes

**High visibility clothing**

such as bright-coloured vests and jackets with reflectors, for both night and day time. Wear long sleeves or sunscreen to protect from the sun, and warm clothes if it's cold

**Knee and elbow pads**

**Riding gloves**

To protect you if you crash

**High visibility delivery bag**

A bag with reflectors will help cars see you. In some states and territories this is required by law

**Lights and reflectors**

A light will make you easier to see at night. Reflectors can help at night and day time.

**Non-slip shoes**

to stop you slipping over when you stop, especially in wet weather

Your platform may be required to provide you with equipment that you need to do your job safely. Check with the WHS regulator in your state or territory.

More information is available in *Managing risks in the food delivery industry* ([safeworkaustralia.gov.au](https://safeworkaustralia.gov.au))