



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)