

Personal Protective Equipment

# Allowing Your Delivery and Transport Employees to Go the Distance

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The delivery and transport industry makes our lives much easier. Whether you're a business owner or consumer, we all rely on this incredible industry and its workers to receive packages, goods, products and services. The delivery and transport industry is the backbone of most companies' supply chain. As much as we depend on this growing work force and industry, these workers depend on their employers to continually pursue greater health, safety and work-life wellness solutions.

In 2016, workplace injuries involving transportation were responsible for 40% of workplace fatalities. These devastating events are followed by work-related injuries stemming from slips, trips and falls. Those working in delivery and transportation are susceptible to musculoskeletal disorders, fatigue or injury-related absenteeism, and slips, trips and falls.

According to OSHA, 50% of injuries involve sprains and strains. ***Other common injuries include fractures, soreness and pain, bruises and cuts.*** These conditions not only negatively impact the life of the employee, but they result in increased absenteeism, medical claims and lower productivity. Within the trucking industry alone, sprains, strains and overexertion are responsible for over \$107 million in healthcare costs and 576,000 days taken off of work. ***Falls continue to play a disastrous role in costly claims and absenteeism.***

Most illness and injury in the transport and delivery industry is the result of falls, overexertion, contact with another object or transport accidents. OSHA violations show us that many of these workers lack proper personal protective equipment (PPE). PPE products are about more than following guidelines. They protect certain regions of the body. Protective equipment is about maintaining employee health, wellness and workplace safety.

Transport and delivery workers not only require health and wellness attention, but they deserve consistent and constant physical support. The transient nature of these jobs is not conducive to anti-fatigue matting, leaving employees spending long hours standing and walking without proper shock absorption or comfort. Adding an anti-fatigue insole program to your health, safety, and wellness program can dramatically improve the quality of life for transport and delivery workers. According to this ***Workplace Material Handling and Safety (WMHS) article***, "personal anti-fatigue insoles ensure each individual employee has constant foot support, comfort and shock absorption with every step they take. Insoles comprised of 100% dual-layer memory foam not only reduce fatigue but improve employee engagement."

For delivery and transport workers, companies can employ various best practices like setting up a corporate insole program, doing a set of wear test trials and making insoles a part of the PPE program. With the correct research and knowledge, companies can choose the most appropriate solutions for their employees and implement programs that help them realize the many benefits of insoles.

***Previously Featured on MEGAComfort's website.***