

RUSHING



Rushing through tasks can have serious consequences.

Working carefully and deliberately, one task at a time will keep you safe.



REMEMBER

- Don't break speed limits.
- Stick to your planned routes and times.
- Focus on one task at a time.
- Take your time getting in and out of the vehicle
-apply the hand brake, remove the key and lock the vehicle.
- Keep a normal walking pace when delivering.
- Stick to dedicated walking paths.
- Be on the lookout for hazards- slippery paths, broken pavements etc.