



# Mark a parcel, save a back

*Helping you to help others  
deliver your parcel safely*

**We need your help** to reduce the large number of manual handling injuries in the parcel delivery industry. The single parcel you dispatch may not be a great risk to your employees but it will be one of many collected, sorted and delivered by people working in the parcels industry.

A driver collecting or delivering a parcel often does not know how heavy it is before lifting it. Lifting such an unknown weight could cause back injury.

Back injury can also be caused by repeated lifting, even of moderate weights. People working at sorting depots, who may spend several hours a day handling parcels, are particularly at risk.

## **Carriers' responsibilities**

Employers in the parcels industry are required to carry out a manual handling assessment and put in place appropriate measures to reduce the risk of injury.

To do this it helps to know the weight of the parcels being handled.

## Customers' responsibilities

As the originator of a parcel, you have a duty towards the health and safety of everyone who handles your parcel, including those receiving the parcel.

Where appropriate, you can satisfy this duty and play your part in helping to reduce the risk of injury by:

- marking the parcel weight to the nearest kilo, preferably on the same side as the address label;
- for heavy parcels with uneven weight distribution, marking the heaviest side;
- ensuring parcels are not excessively heavy by producing two or more lighter parcels, where practical.

## Further reading and information

*Getting to grips with manual handling: A short guide for employers* INDG143(rev1) (single copy free or priced packs of 15 ISBN 0 7176 1754 8)

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You can also visit HSE's website: [www.hse.gov.uk](http://www.hse.gov.uk) and the Parcel Carriers' Safety Forum website: [www.parcelcarriersafetyforum.co.uk](http://www.parcelcarriersafetyforum.co.uk)

**This leaflet contains notes on good practice which are not compulsory but which you may find helpful in considering what you need to do.**

This leaflet is available in priced packs of 20 from HSE Books, ISBN 0 7176 2275 4.

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