

# Wholesale and Retail Trade

ADDRESSING THE NEEDS OF WHOLESALE  
AND RETAIL TRADE FOR A SAFE FUTURE

November 2022

*“A wise person always checks both ways before crossing a one-way street” – Unknown*

## Keeping Delivery Workers Safe During the Holiday Season

John Howard, M.D. Director, NIOSH



The approach of the holiday season brings with it thoughts of celebration, good food, and time spent with friends and family. But for workers who drive for a living, it means increased driving caused in part by online shopping. Delivery and transportation companies and their workers face other unique challenges this year. These result from high demand from shoppers, worker shortages causing the need to hire temporary workers, and supply chain issues related to COVID-19.

Employers can use [journey management](#) principles to keep these workers safe while still doing their best to supply holiday shoppers with their gift giving needs. Journey management is an approach that guides how a company manages transportation risk. It has clear safety benefits

and cost savings, including minimizing risks associated with necessary trips, reducing fuel costs, increasing efficiency, and more. Employers can apply journey management by assessing risks on regularly traveled routes (including road conditions, construction, and closures), combining trips and loads, and setting work schedules that allow workers to obey speed limits and follow federal regulations that limit hours of driving. Another important part of journey management is communication between the driver and supervisor to ensure that the driver reaches the destination safely. These practices are particularly relevant this holiday shopping season as delivery and transportation drivers work long hours to meet high demand.

Employers can also set policies that allow drivers to consult with their supervisors to adjust driving hours if they have trouble seeing at night, if road conditions are too hazardous, or if they are fatigued. Long work hours, inadequate sleep, and job stress can all contribute to fatigue. Fatigue affects the ability to drive safely, and with increased traffic during the holidays, a fatigued worker behind the wheel is a danger on the road. Employers can educate supervisors and workers about the [symptoms of fatigue](#) and encourage self-reporting. Research shows that if a worker feels fatigued while driving, they can pull over, drink a cup of coffee, and nap for 15 to 30 minutes before continuing. It's also important for those who drive for work to be aware that during the holiday season,

other drivers may be more likely to be impaired, fatigued, or rushed to reach their destinations.

With the seasonal increase in demand for drivers, many employers may be hiring temporary drivers for the holiday season. If you hire temporary drivers, plan ahead to check their qualifications just as you would for any new employee.

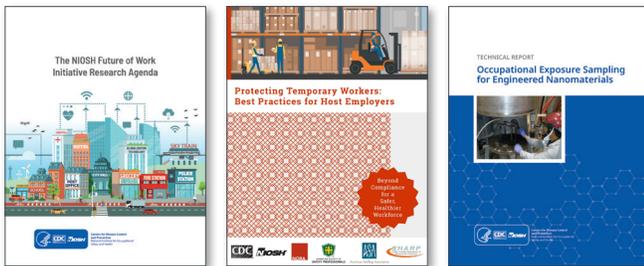
The bottom line is to ensure that your employees, your most important asset, get from point A to point B in the safest way possible. Don't let safety take a holiday.

Learn more and find additional resources to share with your employees on the [NIOSH motor vehicle safety at work webpage](#).

*This article was taken from the November edition of NIOSH eNews. You can subscribe to NIOSH's monthly newsletter [eNews](#) to get general NIOSH updates and to the NIOSH quarterly newsletter [Behind the Wheel at Work](#) to get future updates about motor vehicle safety.*

## Works of Interest

NIOSH has recently published blogs that may provide information for those working within the wholesale and retail trade sector on COVID in the workplace, new and emerging technologies, ergonomics, and general safety concerns. In addition, there are workplace solutions documents and articles that provide examples of practical responses to workplace safety and health concerns. Please feel free to access any of these documents below:



## BLOGS & ARTICLES

### COVID

February 7, 2022 [COVID-19, Omicron, and Pandemic Response: What's Next for Retail?](#)

October 29, 2021 [Exploring the Future of Worker Health and Safety in the Post-Pandemic World](#)

January 13, 2021 [COVID-19 and Workplace Fatigue: Lessons Learned and Mitigation Strategies](#)

### *New Technologies in the Workplace*

February 14, 2022 [5 Ways AI Is Transforming the Retail Industry](#)

October 21, 2021 [Advanced Sensor Technologies and the Future of Work](#)

May 24, 2021 [The Role of Artificial Intelligence in the Future of Work](#)

May 21, 2021 [The Who, what, How and When of Implementing Fatigue Monitoring and Detection Technologies](#)

January 19, 2021 [Choosing the "Right" Fatigue Monitoring and Detection Technology](#)

### *Wholesale & Retail Trade*

August 3, 2022 [Maine Voices: Here and everywhere, cashiers should be allowed to take a seat](#)

March 24, 2022 [The Top 10 Retail Workplace Hazards](#)

February 14, 2022 [Shoplifter Safety: Knowing When to 'Let It Go'](#)

October 19, 2021 [From Brick and Mortar to Beyond: Protecting Workers in the Wholesale and Retail Trade Industries](#)

### *Ergonomics*

October 14, 2021 [Digital Version of the Impactful Revised NIOSH Lifting Equation Applications Manual Now Available](#)

October 13, 2020 [Assessing Lifting Risk Factors Using Wearable Motion Sensors](#)

### *General Safety*

June 29, 2022 [Is the Time Right to Invest More in Worker Safety and Health?](#)

May 23, 2022 [Prioritizing People's Safety Amidst Organized Retail Crime](#)

September 9, 2021 [NIOSH: The Science of Safety in the Workplace](#)

August 31, 2021 [Preventing Opioid Overdose Deaths in the Workplace](#)

August 5, 2021 [Updated OSHA-NIOSH Small Business Safety and Health Handbook: Making Workplaces Safer with Checklists](#)

June 7, 2021 [Work and Well-being: The Changing Face of Occupational Safety and Health](#)

April 27, 2021 [Recent News about Night Shift Work and Cancer: What Does it Mean for Workers?](#)

April 12, 2021 Preventing Struck-by Injuries in Construction:  
Lift Zone Safety

## NIOSH Workplace Solutions (all applicable to WRT)

2021 Workplace Solutions: Conducting a Daily Inspection  
of Powered Industrial Trucks (Forklift, Narrow-Aisle



Reach Truck, Walkie Pallet Lift, and  
Tow Tractor/Tug)

2019 Using Total Worker Health®  
Concepts to Reduce Fatigue  
among Retail Workers (2019-102)

2017 Reduce the Health Risks  
from Sedentary Work

## What is next?



**The Next Sector Council Meeting will  
be held in the spring of 2023.  
More details to come.**

To find previous editions of the Wholesale and Retail Trade  
NORA sector bulletins, go to [https://www.cdc.gov/nora/  
councils/wrt/bulletins.html](https://www.cdc.gov/nora/councils/wrt/bulletins.html)

This is a product of the National Occupational Research Agen-  
da (NORA) Wholesale and Retail Trade Sector Council. It does  
not necessarily represent an official position of the National In-  
stitute for Occupational Safety and Health, Centers for Disease  
Control and Prevention, U.S. Department of Health and Human  
Services. For a monthly update on news about NORA, subscribe  
to *NIOSH eNews* by visiting [www.cdc.gov/niosh/eNews](http://www.cdc.gov/niosh/eNews).

Co-Coordinator: Kermit Davis, Adrienne Eastlake, and  
Debbie Hornback

Kermit: [DavisKG@ucmail.uc.edu](mailto:DavisKG@ucmail.uc.edu)

Debbie: [DHornback@cdc.gov](mailto:DHornback@cdc.gov)

Adrienne: [AEastlake@cdc.gov](mailto:AEastlake@cdc.gov)

Copy Editor: Seleen Collins

Email: [retailwrkr@cdc.gov](mailto:retailwrkr@cdc.gov)