



Image courtesy of SafeWork NSW

Food Delivery Riders

Quick Road Safety Tips

Use bright or retro-reflective gear

As of 1 January 2023, food delivery booking providers are legally required to supply a food delivery rider with high-visibility personal protective equipment, including a retro-reflective outer clothing item (such as a vest) and a retro-reflective bag or container for safely transporting food or drink.

To improve your visibility, wear:

- ▶ Bright or retro-reflective clothing
- ▶ A light coloured helmet with retro-reflective markings and
- ▶ A highly reflective delivery bag

It is illegal to ride on the footpath

Unless you are under 16 years of age or otherwise exempt, you cannot ride on the footpath. Fines apply. If you need to use the footpath to access the food retailer or delivery address, you must get off your bicycle and wheel it along the footpath.

You must wear a helmet

Whether on a motorcycle or bicycle, you must wear an approved helmet that is securely fitted and fastened.

To improve your visibility, choose a helmet that is brightly coloured and/or reflective.

Don't weave between vehicles when riding

It's important to ride safely to help keep yourself and others safe. Ride in a predictable manner so other people have time to react safely to your movements. This includes not weaving between vehicles.

You must have a record of your training

As of 1 July 2022, food delivery booking providers must provide induction training and verification when the training is successfully completed. This is to ensure that the food delivery rider is trained before delivering food or drink.

As a food delivery rider, you must have and make available to an inspector or police officer the training verification record issued to you.

More information

Please visit the [**Centre for Road Safety**](#) website for more information about delivery rider safety.

