

### **Shoulder Satchel Delivery**

The delivery is accomplished through the use of a shoulder satchel. The use of a shoulder satchel may be involved in both motorized and walk-out routes. If the route is a walk-out, the patient delivers mail in his/her possession until he/she reaches the next relay box, at which the patient removes from that box the next relay of mail. If the route is motorized, the patient secures the next relay from the vehicle. This is commonly called park and loop.

Delivery requires placement of a satchel of mail weighing up to 35 pounds on the patient's shoulder and walking with these weights to each delivery point until all the mail is delivered. The patient "finger's" both letter size and flat size mail while walking between delivery points. On many occasions the mail weighs up to 35 pounds. The patient estimates that his/her route consists of approximately \_\_\_\_\_ hours of doing this.

### **Satchel Cart Delivery**

The delivery is accomplished through the use of satchel cart. When the cart is used, the 35 pound weight limit is lifted, and the patient is required to push the cart with whatever weight is in it. This form of delivery requires pushing the cart with one hand while holding letters and some flats in the other, and preparing the mail for the next delivery while walking. The patient estimates that his/her route consists of approximately \_\_\_\_\_ hours of doing this.

### **Motorized Curbside Delivery**

The patient's route is curbside delivery, effected through the use of a right hand drive delivery vehicle. The mail is placed on trays in the vehicle and the patient is required to grab the mail for the next delivery after he/she reaches the delivery point. The patient must occasionally "twist" to reach for "odd" size mail (i.e. - small or large parcels) or dismount the vehicle and go to the cargo compartment to secure similar items. The patient estimates that his/her route consists of approximately \_\_\_\_\_ hours of doing this.

### **Motorized Dismount Delivery**

The patient's route is dismount delivery, effected through the use of a right hand drive delivery vehicle. The mail is placed on trays in the vehicle and the patient is required to grab the mail for the next delivery after he reaches the delivery point, The patient must occasionally "twist" to reach for "odd" size mail (i.e. small or large parcels) or dismount the vehicle and go to the cargo compartment to secure similar items. Once the patient arrives at the delivery point, the patient is required to turn the engine off, put the gearshift in park, set the handbrake and remove the seatbelt. Once this is done, the patient secures the mail for the delivery point, exits the vehicle, and effects delivery to the appropriate delivery point. The patient estimates that his/her route consists of approximately \_\_\_\_\_ hours of doing this.

In addition to the mail that is sorted in the office for delivery, the patient is required to deliver parcels weighing up to 70 pounds to any given delivery point. The only exception to this is the case of a walk-out route, where these large items are delivered by others. However, if the patient has a walk-out route and uses a satchel cart, he/she may be required to deliver some larger parcels.

After completion of delivery of the mail, the patient is required to return to the office unload empty equipment, and carry the equipment up the loading ramp into the office.