



# **HEALTH AND SAFETY** **AT WORK FOR RIDERS**

**Injuries and occupational diseases:  
don't underestimate the risks!**

Being a rider means moving quickly through the city,  
but it comes with real dangers: accidents, falls,  
assaults, and work-related illnesses.

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# **NidiL and INCA PROTECT YOU IN CASE OF INJURY**

Even self-employed couriers or those with collaboration contracts are covered by INAIL insurance.

**If you get injured while working or on your way to work, you are entitled to:**



**Economic compensation  
for lost workdays**



**Payment in case of  
permanent damage**



**Free medical care**



**Recognition  
of occupational diseases**

**IMPORTANT  
To be protected,  
you must report your injury!**

# WHAT TO DO IN CASE OF AN INJURY?

- ① Go to the **emergency room** immediately and **specify that it is a work-related injury.**
- ② Obtain the **medical certificate sent to INAIL**
- ③ With the certificate, go to the nearest **NidiL** or **INCA** office.
- ④ Report the injury to the **platform**, providing the certificate code

**CONTACT NidiL OR INCA  
IMMEDIATELY:  
FREE ASSISTANCE  
FOR YOUR CLAIMS**



# **PROTECT YOURSELF: SAFETY FIRST!**

Platforms must provide you with **PPE (Personal Protective Equipment)** always use them:

- **HELMET**  
Protects against serious injuries
- **REFLECTIVE JACKET**  
Makes you visible at night
- **FRONT/REAR LIGHTS**  
Mandatory for road safety
- **BELL AND REFLECTORS**  
Essential to make yourself noticed

**Without PPE,  
always carry your own  
ride safely!**



**RIDERS  
FOR RIGHTS**

**WORK SAFELY,  
PROTECT YOURSELF  
AND STAND UP  
FOR YOUR RIGHTS!**

# **FOLLOW TRAFFIC LAWS: PROTECT YOUR LIFE AND YOUR WALLET!**

## **Non-approved or modified bike**

**👉 Fine up to € 3,382**

## **Running a red light**

**👉 Fine up to € 800 and risk of accidents**

## **Lights always on**

**👉 Mandatory even during the day  
in low visibility**

## **No riding in bus lanes**

**👉 Dangerous and prohibited**

## **No riding against traffic**

**👉 Avoid collisions and fines**

**FOLLOW THE RULES,  
PROTECT YOURSELF  
AND YOUR EARNINGS!**

# **BIKE MAINTENANCE:**



**A SMALL GESTURE  
FOR GREAT SAFETY**

**Check brakes, chain,  
tires, and battery  
(if e-bike)**

**Perform **regular checks**  
to reduce the  
risk of accidents**



# YOU ARE NOT ALONE!

**NidiL CGIL and the INCA Patronage help you obtain the protections you deserve, free of charge.**

**[rider@nidiL.cgil.it](mailto:rider@nidiL.cgil.it)**



**NidiL CGIL Offices INCA CGIL Offices**