The Moscow Times
30 YEARS
INDEPENDENT NEWS FROM RUSSIA

A Day in the Life of a Yandex Food Courier

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May 04, 2019



On April 16, 21-year-old Yandex Food courier Artyk Orozaliyev died after a 10-hour shift. Doctors have linked his death to exhaustion stemming from overwork.

The incident triggered outrage on social media over the Russian company's treatment of its couriers. Other Yandex Food couriers posted complaints of steep fines and harsh delivery timetables.

We followed a Yandex Food courier for a day to have a closer look at a typical shift.

Original url:
https://www.themoscowtimes.com/2019/05/04/a-day-in-the-life-of-a-yandex-food-courier-a65486