

A Day in the Life of a Yandex Food Courier

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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.

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