Own a dog? We need your help

Seven postmen and women are bitten every day

Here are FIVE WAYS you can help keep our Royal Mail family SAFE.

1. MAKE SURE children don’t open the door to the postman.

2. TRAIN YOUR DOG to move to another room before the postman or woman arrives.

3. OCCUPY YOUR DOG with food or a toy while mail is being delivered.

4. INVEST in a letter cage or an external letterbox.

5. ENSURE YOUR DOG has a collar and tag, and an up-to-date microchip.

For more information, please visit www.royalmail.com/dogawareness