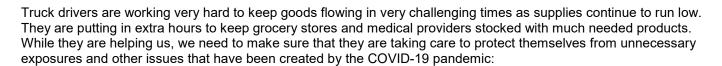


# **Safety Tips For Drivers**

## **During the COVID-19 Pandemic**



#### Use social distancing to alleviate the potenial for infection.

- Avoid going up onto the dock or into offices.
- Avoid shaking hands.
- Stay away from larger groups.
- Pay at the pump.
- Eat in your truck.

#### Use good hygiene practices.

- Frequently wash your hands with soap and water for at least 20 seconds.
- Use alcohol based (at least 60%) hand sanitizers and wipes.
- Cough into your elbow or use paper tissues and throw them in the trash.
- Wash your hands after all contact with handles and knobs.

#### Keep your truck and other equipment clean.

- Sanitize your truck when first entering.
- Wipe down frequently touched surfaces regularly.
- Avoid sharing pens and other tools.
- Use disposable plates, cups, and utensils.

#### Carefully plan routes.

- Know which rest areas and truck stops are open.
- Make sure you have time to get to a safe place to eat or rest.
- Know when docks will be accepting trucks to avoid parking in unfamilar areas.

#### Take care of yourself.

- Stay home if you feel sick.
- Get enough rest at all times.
- See a healthcare provider if you come into contact with someone who is affected by COVID-19.
- Keep a "health pack" in your truck that includes a thermometer, latex gloves, wipes, and over the counter medicines that you may need.
- Stay in touch with family and coworkers when out on the road.
- Contact dispatch if you need anything.

### HUB is here to help.

Get the latest information, guidance and resources on Coronavirus (COVID-19) to help you protect what matters most at <a href="https://hubinternational.com/coronavirus">hubinternational.com/coronavirus</a>. For additional support, please reach out to your local HUB office.