



# Safety Tips For Drivers

## During the COVID-19 Pandemic

Truck drivers are working very hard to keep goods flowing in very challenging times as supplies continue to run low. They are putting in extra hours to keep grocery stores and medical providers stocked with much needed products. While they are helping us, we need to make sure that they are taking care to protect themselves from unnecessary exposures and other issues that have been created by the COVID-19 pandemic:

### Use social distancing to alleviate the potential 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 unfamiliar 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.

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