

TIP SHEET

A series of health and safety tips to prevent work-related injuries in the trucking industry

Handwashing: Your Protection Against Infection



Washing your hands after fueling will kill germs and curb disease.

[Fuel pumps](#) are the most germ-covered objects truck drivers touch at work. Most pump handles have 11,000 times more germs than public toilet seats, and the keypad buttons have 15,000 times more. Now think of all the other things you use at work that other people also touch. Thousands of germs linger on handles, knobs, switches, buttons, seats, and other equipment. Then there's everything you touch at truck stops, customer sites, ATMs, rest areas, and in your pockets. The impossibility of these objects always being clean makes washing and sanitizing your hands often the best protection against infection. Hand washing is even more vital during the COVID-19 outbreak because the virus can [live](#) for up to 72 hours on plastics, 48 hours on stainless steel, and 24 hours on cardboard. The following tips explain how to wash your hands the right way.



Washington State Department of
Labor & Industries



TIPS TO LIVE BY

Management:

- Provide drivers with plenty of soap and hand sanitizer to take on the road.
- Train drivers and other employees how to wash their hands with soap and sanitizer.
- Lead by example, visibly practice hand hygiene for your employees to see.

Drivers:

- Avoid touching your eyes, nose, and mouth with unwashed hands, and don't bite your fingernails.
- Make sure you have enough soap and hand sanitizer at all times for ready use.
- Wet, lather, and scrub your hands often with soap and water for at least 20 seconds, rinse, then dry with a clean towel.
- Clean under your fingernails and keep them short and trimmed.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

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KeepTruckingSafe.org

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