

TIP SHEET

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



TIPS TO LIVE BY

Keeping Safe from COVID-19

Millions of workers are staying home as part of the social distancing strategy to stop COVID-19. But many truck drivers are working to help meet the nation's essential needs during this trying time. This means truck drivers should take extra care to protect their health. While many places have adopted disease prevention measures, drivers may still find it hard to fully avoid social interactions or touching potentially contaminated surfaces while loading, making deliveries, using the restroom, and stopping for food and fuel. Risk is especially higher for older drivers and those having pre-existing health conditions like diabetes and lung disease. There currently are no vaccines for coronavirus and no one is immune. Symptoms appear 2-14 days after exposure and include fever, cough, and difficulty breathing. Use the following tips and use them to design a sickness prevention and response strategy for your company safety program.

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Steps to protect yourself:

Avoid close contact

- Stay at least six feet from other people or stay away as far as possible.
- Wear a cloth face mask if you cannot keep a safe distance in public.
- Use a radio or phone to talk to dock managers and other drivers.
- If possible, drop and go to avoid entering buildings.

Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your upper sleeve.
- Throw used tissues in the trash.
- Wash your hands after you finish.

Wash your hands often

- Wash your hands with soap and water for at least 20 seconds after touching objects and surfaces in public places and blowing your nose, coughing, or sneezing.
- If soap and water are not 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean and disinfect

- Follow manufacturer's instructions to clean and disinfect dirty or frequently touched surfaces in your truck before each shift, after each delivery, after maintenance, and if you are slip seating.
- Wipe down sleeper surfaces and wash bedding and linens.
- Properly dispose or wash dirty wipes and rags after each use.
- Wash your hands after you finish.

Management:

- Design a [disease prevention and response strategy](#) for your safety program.
- Train drivers how to prevent sickness and how to respond if they feel sick.
- Instruct sick employees to stay home and separate sick employees.
- Advise drivers about health risks before dispatching them to affected areas.
- Provide drivers with face masks, soap, water, hand sanitizer, disinfectant, tissue paper, and cleaning supplies.
- Give drivers a list of medical facility locations and phone numbers in case they begin to feel sick.
- Make sure your drivers' emergency contact information is updated and be prepared to assist them and their loved ones if they get sick.

Drivers:

- Always follow the steps to protect yourself against catching and spreading COVID-19.
- Make sure you have the information and supplies needed to protect you during your trip and in case you get sick while far away.
- If you feel sick on the road, stay in your cab or sleeper, keep away from other people, call your doctor or nearby medical services immediately, and tell your employer.



Washington State Department of Labor & Industries

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[KeepTruckingSafe.org](https://www.KeepTruckingSafe.org)

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