

# TIP SHEET

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



## Teaming Up Keeps COVID-19 Down



*Face masks lower COVID-19 infection risks for drivers and passengers.*

Social distancing is the best way to avoid COVID-19, but it's a challenge for truck drivers. Truck drivers can't work from home and being on the road requires them to stop at public places. It is even harder for team drivers or when traveling with a passenger—there is no way to stay 6 feet apart inside a truck cab. Management, drivers, and passengers should have a disease prevention plan for when social distancing is not possible. The following tips can help lower infection risks for drivers and passengers riding together.



Washington State Department of  
Labor & Industries

### TIPS TO LIVE BY

#### Management

- Establish and enforce COVID-19 prevention and response protocols for team drivers and passengers in your company safety program.
- Educate drivers on the steps to reduce COVID-19 transmission risks.
- Provide them with cloth face masks, 60% alcohol-based hand sanitizers, tissue, and small trash cans.
- If possible, equip truck cabs with removable, non-fogging, clear plastic barriers that separate the driver and passenger, but do not interfere with driving or the sleeper berth.

#### Drivers and Passengers

- Agree on COVID-19 prevention measures for your truck before riding together.
- Wear cloth face masks in the cab and have extras to replace wet, moist, or damaged ones. [Wear and maintain your mask correctly.](#)
- Cover your mouth and wash your hands after a cough or sneeze. Dispose of used tissues after exiting the cab.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect commonly touched cab surfaces before switching drivers and when assigned to a different truck.
- Do not share face masks, pens, touch pads, cell phones, sleeper berth bedding, PPE, personal bags and belongings or any other items that can transfer germs.
- Avoid the recirculated air option for cab ventilation. Instead, use the truck's fresh air vents and/or lower the windows.

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

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