

REAL LIFE LESSONS

FROM TRUCK DRIVERS INJURED AT WORK



Pandemic Panic

There is never a time when the importance of truck drivers and the American trucking industry becomes more apparent than during a national crisis. The current COVID-19 pandemic has caused interruptions to everyday life that America hasn't experienced since World War II. Each day brings new worry, cancellations, and orders to limit or close certain types of businesses. Through it all the unsung hero remains the truck driver. No matter the crisis and with anxiety regarding their own health, they still climb into the cab and go to work. While recommendations from the Federal and State governments are changing almost daily, there are still standard precautions truck drivers can take every day to help prevent the transmission of the COVID-19 virus.

Please use the following tips to protect yourself against COVID-19 and prevent its spread:

STAY CLEAN.

- Wash your hands often with soap and water for at least 20 seconds.
- Clean your hands after each stop and refueling.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% 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.
- Drink from fresh, disposable cups instead of reusing personal cups, mugs, or thermoses.
- Clean and disinfect the truck cab. Regularly spray disinfectant on all surfaces you regularly touch, this includes steering wheels, seats, dashboard, shifter knobs, grab handles, CB microphones, cell phones, ELD screens and buttons, keys, clipboards, tables, doorknobs, light switches, countertops, cups, desks, keyboards, toilets, faucets, and sinks. (*Lysol recommends spraying 3 to 4 seconds until the surface is covered with mist and allow to air dry for at least 3 minutes*)

AVOID CLOSE CONTACT

- Avoid close contact with people you know are sick.
- Don't frequent drivers' lounges and game rooms or other places where people congregate.
- Avoid in-store dining including self-service grab-n-go food, buffets, soup and salad bars.
- Try to stay least 6 feet apart from others when in public places if possible. If this is not feasible, efforts should be made to keep individuals as far apart as is practical.

**We must all do our part to keep ourselves, those around us, and our families healthy.
If you feel sick, stay away from others and let your employer know right away.**