

# RECOMMENDATIONS FOR FREIGHT DRIVERS DURING COVID-19



**Clean regularly all frequently touched surfaces inside and outside your cabin** (steering wheel, radio, levers, door handles, etc.) using disinfectant. Clean all tools and equipment (portable scanners, etc.) you use, especially those shared with other users.



**Ventilate the driver's cabin regularly at stopping points.**



**Disinfect hands** with hand sanitiser or wash them with liquid soap and water for at least 30 seconds every time you enter or return to your vehicle.



**Wear gloves** when at loading and unloading docks, gas stations, customers' sites and terminals.



**Stay in the driver's cabin** whenever possible while at customer sites, unless otherwise required.



**Maintain a distance of 2 meters** from others in case of leaving your cabin and **avoid entering closed rooms** where other people are present. Takeout meals are recommended rather than eating at rest stops.



**Sign transport documents with your own pen** and do not share it with anybody else. Disinfect or wash hands and pen once done.



**Avoid shaking hands.** The virus spreads through coughing and sneezing (via airborne droplets), as well as through direct contact.



**If you or your family members show potential symptoms** of COVID-19 such as a dry cough or fever, immediately inform your manager.



**Follow any specific guidelines** given by your company and general recommendations/instructions issued by health authorities. **Be responsible** and use your common sense.

**THE NEW CORONAVIRUS**  
PROTECT YOURSELF & OTHERS

If you experience symptoms including cough, sneezing and fever, limit contact with other people and call 16000.

