Keeping yourself safe will help keep your family safe.

Transmission of the Virus - How might you become infected?

- **REMEMBER** - You can catch COVID-19 from people who have No Symptoms. You can then transmit to anyone.
- Transmission is by **breathing in microscopic droplets from others' breath**. Think of breath on a frosty morning, smoke from a cigarette, vapour from a vape device - Keep out of the vapour trail of others.
- You can also **pick up the virus on your hands** from droplets left on surfaces by others. You will then transfer it by touching your mouth, nose or eyes, or by putting a pen, a cigarette, a vape stick or food in your mouth.
- Also consider your **Phone** and **Vehicle keys** as contaminated if you put them down outside your cab.

How can you protect yourself from becoming infected?

**Driver Pack** - Make up your own pack or use one provided by your employers.
- Antibacterial wipes (these will work with viruses too) OR Alcohol spray.
- Alcohol Hand Gel
- Paper Kitchen towels
- Toilet Roll
- Food, water, drinks for the journey
- Prescribed medicines
- Waste bag to capture & remove any disposable from cab.
- Optional Measure - Disposable gloves
- Optional Measure - Wear a Face Mask, Face Snood, Scarf when outside your cab. These may not stop you becoming infected from close contact but they will help.
  - Let others know you are self-protecting
  - Make others less likely to make contact with you.
  - Remind you when you are trying to touch your mouth or nose

**Driver Cab** - Virus Free Safe Haven
- **Create a Virus Free Cab** as your travelling safe haven.
- As you take over a shared transport vehicle, **sanitise all key contact surfaces** using materials supplied in your driver pack.
- **Sanitise all ‘High contact surfaces’**, using wipes or add spray or gel to a disposable paper towel & wipe
  - **Outside contact points** - Vehicle keys, Door Handles, fuel cap.
  - **Inside - High Contact** - Steering wheel, gear change, hand brake, all vehicle controls, Glove box, rear view mirror, seat adjustment, radio, sat nav, phone charger cables, auxiliary cables.
  - **Finally** - sanitise your own hands & disposable wipe/towel
  - If you access other mechanical contact points such as Oill/Coolant Check points or Screen Wash, use hand gel afterwards.
- **Before stepping out of your cab**, sanitise your hands with hand gel.
- **On returning to your cab** after loading, delivering, fuel or food stops, sanitise your
  - Hands, Vehicle Keys, Phone.
- As you hand back a shared transport vehicle, **sanitise all key contact surfaces** using materials supplied in your driver pack.
- **Sanitise all ‘High contact surfaces’**, using wipes or add spray or gel to a disposable paper towel & wipe
Outside contact points - Vehicle keys, Door Handles, fuel cap, unloading equipment.

Inside - High Contact - Steering wheel, gear change, hand brake, all vehicle controls, Glove box, rear view mirror, seat adjustment, radio, sat nav. phone charger cables, auxiliary cables.

While outside your cab, avoid unnecessary contact with others

- **Avoid large groups** when checking in or out, at fuel or food stops, do not stop at unregulated 'truck stops' anywhere in the UK or Europe, do not congregate with other drivers.
- **Stay in your Cab** at every opportunity & do not invite anyone else into it.
- **Keep your distance** at every opportunity, 2 meters or more.
- **Only make contact** with those you have to in order to do your job, be polite & respectful, but be firm, maintain a safe, protective attitude.
- **Don’t share food**, drinks, cigarettes, or let anyone else touch your phone or keys. If you need to hand over your keys for security reasons, make sure you sanitise them well afterwards.
- **Use essential driver facilities**, it is your legal right to access toilets at delivery points, but assume they offer no protection.
  - Wash and dry your hands with warm water and (any) soap before leaving.
- **Consider all surfaces** you contact to be ‘contaminated’, gel your hands after contact.
  - Door handles, taps, flushes, hand driers
  - Key pads, pens, visitor passes, swipe cards, documentation, inventory
- **Bring your own prepared food** with you whenever possible, avoid stopping as much as you can.
- **Wash and dry your hands** with warm water and soap and dry using paper towels at every opportunity.
- **During Offload** - Assume all surfaces are contaminated so either use disposable gloves to connect pipes and run pumps etc. or wash / sanitise your hands afterwards.
- Follow any required rules at delivery points and if your delivery permits it, **stay in your cab** during loading and unloading.
- Follow any **additional local or international** precautions required.

Keeping **yourself safe** will help keep your **family safe**.