

## Professional Driver Receipt & Despatch Behavioural Guidance

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 Antibacterial 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 Oil/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.**

