

Drivers – **STAY SAFE** during COVID-19 pandemic



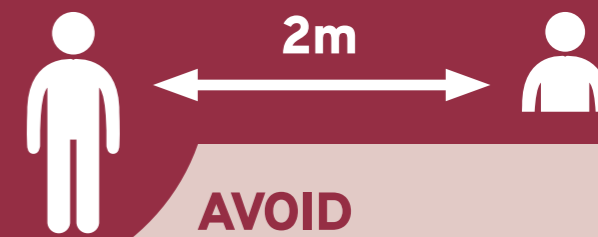
WASH YOUR HANDS

The HSE advises hand washing is vital during a pandemic. Potentially infectious virus particles that might be on the skin can be effectively removed by soap and water. Wash your hands for 20 seconds or use a waterless alcohol-based hand sanitizer. Avoid touching eyes, ears and mouth, especially after making deliveries. Wear gloves when possible especially where no handwashing facilities are available.



CLEAN YOUR CAB AND TRAILER

Disinfect any hard surface such as plastic or metal by washing with soap or detergent in water. This inactivates viruses that might live there. Inactivation reduces the risk of transferring the virus further. You must leave the surfaces wet with soap for a minute or two to allow it to work.



AVOID CONTACT

Practice social distancing, including at service stations and other places where people might congregate. Maintaining separation from others is key to stopping the spread of COVID-19. Keep 2 meters apart in dispatch areas, locker rooms, at refuelling, during pickups and deliveries or any location where people might gather.



KEEP COMMUNICATION OPEN

Drivers are already used to chatting over phone and in-cab devices. The fewer in-person interactions you have with others, the better during COVID-19.



IF YOU ARE SICK

If you're feeling sick and have symptoms of COVID-19, such as a new persistent cough and/or high temperature, consider staying at home. Follow government advice and call your doctor for further guidance. Inform your employer if required and don't leave home unless it's for medical reasons.



BE CAREFUL, BUT DON'T PANIC

The risk of infection is low from products or packaging that are shipped over days or weeks at low temperatures. However, treat paperwork as contaminated and take precautions when receiving paperwork from customers.