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JETCO



PRECISION
SPECIALIZED INC.

KNOWLEDGE IS POWER!

SAFETY TIPS FOR TRUCK DRIVERS TO REDUCE COVID-19 (CORONAVIRUS) EXPOSURE RISK



PRACTICE GOOD HYGIENE

- Frequently wash your hands with soap and water for 20+ seconds.
- Use alcohol-based (at least 60% alcohol) hand sanitizer or wipes.
- Cover your cough or sneeze with a tissue and throw it in the trash.
- Wash your hands immediately after:
 - ✓ Inspecting trailer, shipping container or cargo
 - ✓ Touching doorknobs or other public surfaces
- Check CDC guidelines regularly.



KEEP YOUR VEHICLE AND EQUIPMENT CLEAN

- Keep your truck well-ventilated.
- Sanitize your truck after it comes out of the shop.
- Wipe down your door handles, steering wheel and other frequently touched equipment.
- Avoid sharing pens and other tools.
- Use disposable towels.



GROUP SETTINGS AND TRAVEL

- Speak up if you're not comfortable.
- Stay in your truck when loading and unloading except to secure the load.
- Stay away from any setting with gatherings.

- Only stay in truck stops that have clearly published COVID-19 hygiene-friendly criteria.
- Pay at the pump.



PRACTICE SOCIAL DISTANCING, BUT NOT ISOLATION

- Maintain healthy human interactions via phone calls, text message, video chat and email.
- Avoid shaking hands.
- Expect shippers to change access policies.



HANDLE FOOD CAREFULLY

- Eat meals in your truck.
- Bring prepared food from home. Restaurants may not be accessible.
- Stay hydrated!
- Use disposable plates, cups and utensils.



STAY HOME...

- If you feel sick.
- If you have a sick household member.
- If you come into direct contact with someone who tests positive for COVID-19.
- Be sure to let your manager know if you need assistance.