

TIP SHEET

A series of health and safety tips to prevent work-related injuries in the trucking industry



You Can't Touch This

Coughing, sneezing, and talking near other people are the main ways COVID-19 spreads, but research suggests that contact transmission may also increase infection risk. This happens when germs from an infected person's cough or sneeze land on a surface. If another person touches the germ-laden surface, then touches their nose, mouth or eyes, the virus can sneak into their body and infect them. Current studies indicate that COVID-19 germs may remain active for hours to days on metal, plastic, and cardboard. Beside frequent handwashing, another way to beat the virus is to clean and disinfect commonly used areas and objects, including vehicles, break rooms, restrooms, electronics, tools, and other equipment. Cleaning removes and reduces germs, while disinfection kills them. A good rule of thumb is to clean and disinfect areas and objects that you and other people contact regularly. It may take a few extra minutes, but your health is worth it.



Cleaned and disinfected surfaces stop germs from spreading.

How to clean and sanitize surfaces:

- Clean and disinfect frequently-touched surfaces before each shift, after each delivery, after maintenance, and if you are slip seating. This includes steering wheels, seats, dashboard, gear shifters, door and grab handles, light switches, CB microphones, cell phones, touchscreens, keyboards, keys, clipboards, tables, desks, countertops, cups, toilets, faucets, and sinks.
- Wipe plastic, glass, metal, non-porous, and non-electronic surfaces with hot soapy water prior to disinfection.
- Use [disinfectants that meet EPA's virus-killing criteria](#).
- Follow manufacturer's guidance for cleaning electronics. If none is available, consider using alcohol-based wipes or sprays containing at least 70 percent alcohol to disinfect touch screens.
- To prevent damage, avoid spraying liquids directly onto electronics and never immerse them in cleaning solutions.

TIPS TO LIVE BY

Management:

- ☐ Train drivers how to clean and disinfect surfaces to reduce the risk of contact transmission.
- ☐ Provide drivers with cleaning supplies and disinfectants.
- ☐ Require drivers to clean and disinfect trucks and equipment before each shift.
- ☐ Consider purchasing wipeable covers for electronics.

Drivers:

- ☐ Carry enough cleaning supplies and disinfectants to last several days.
- ☐ Before each shift, spend at least a minute scrubbing down all cab and sleeper surfaces that you and others are likely to touch.
- ☐ Wipe down sleeper surfaces and wash bedding and linens.
- ☐ Properly dispose or wash dirty wipes and rags after each use.
- ☐ Thoroughly wash your hands after you finish.



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[KeepTruckingSafe.org](https://www.KeepTruckingSafe.org)

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