



Safety Material for the Trucking Industry April 2020

Social Distancing for Truck Drivers

Connecting with others is important to do your job, but face-to-face interactions are a major way for the COVID-19 virus to spread. Avoiding close contact lowers the risk of contracting and spreading the disease. While truck drivers may not have the option to work from home, here are a few social distancing tips to keep them safe on the road.



[Tips to live by.](#)

Managing COVID-19's Impacts on Driver Stress

Even during normal operating conditions, truck drivers experience job stress from many sources. As the COVID-19 outbreak interrupts business as usual, it may intensify job stress for drivers as the uncertainty and risk it causes build up pressure. Drivers may face drastic changes in schedules, routes, workloads, and services as the disease impacts more areas. Not knowing how to protect yourself and where to get medical help can also raise concerns. As these new worries stack up, truck drivers may feel stressed out for longer periods of time. Prolonged, unmanaged stress can impact a driver's mental and physical health, diminishing their awareness and readiness on the road.



[Tips to live by.](#)

Handwashing: Your Protection Against Infection

Fuel pumps are the most germ-covered objects truck drivers touch at work. Most pump handles have 11,000

times more germs than public toilet seats, and the keypad buttons have 15,000 times more. Now think of all the other things you use at work that other people also touch. Thousands of germs linger on handles, knobs, switches, buttons, seats, and other equipment. Then there's everything you touch at truck stops, customer sites, ATMs, rest areas, and in your pockets. The impossibility of these objects always being clean makes washing and sanitizing your hands often the best protection against infection. Hand washing is even more vital during the COVID-19 outbreak because the virus can live for up to 72 hours on plastics, 48 hours on stainless steel, and 24 hours on cardboard. The following tips explain how to wash your hands the right way.



Tips to live by.

Don't Let a Cough or Sneeze Spread Disease

Most times, a cough or sneeze is not a big deal. They are just harmless ways that your body protects its ability to breathe freely. When dust, dirt, germs, and other particles accidentally enter your airway, your body responds. You may feel an itch in your eyes, nose, or lungs, and then, suddenly, you take a quick, deep breath, shut your eyes, tighten your rib muscles, and let out a huge, loud blast of air. But there are times when this natural reaction that usually brings relief can become a health hazard. A cough or sneeze during flu season or a pandemic like the COVID-19 outbreak can spread germs that cause severe illness and death. Several days or much longer may pass before a sick employee shows any symptoms of illness. During this time, they may unknowingly spread germs if they cough or sneeze into their hands, near workers, and on objects that other people touch. An average sneeze or cough can spray thousands of germs from your lungs at speeds up to 100 mph and over distances of several feet. Slowing down the spread of germs and disease requires covering your cough and sneeze.



Tips to live by.

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.



Tips to live by.

EDUCATION & TRAINING

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What Is a Safety Committee?



This training tool will teach you what is a safety committee and the importance of having one. The safety committee has a mission to promote a safety culture within the company and it's achieved by providing training to management, supervisors and employees.

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What Is Safety Climate?



Safety climate is the new catch phrase in occupational safety circles. But what is it? And what does it mean to your company? Find out in this training:

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The Trucking Injury Reduction Emphasis (TIRES) project was developed by the Safety and Health Assessment and Research for Prevention (SHARP) program of Washington's Department of Labor & Industries.

The Trucking Injury Reduction Emphasis (TIRES) project team and the TIRES steering committee are working with the Washington State trucking industry to identify causes for the most frequent injuries to develop effective strategies for preventing them. Free safety training materials are available at KeepTruckingSafe.org.

The TIRES steering committee is made up of a diverse group of professionals that includes: drivers, safety people from large and small trucking companies, labor and business associations, insurers and a representative from a publicly funded truck driving school.

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