

REAL LIFE LESSONS

FROM TRUCK DRIVERS INJURED AT WORK



Pandemic Panic

There is never a time when the importance of truck drivers and the American trucking industry becomes more apparent than during a national crisis. The current COVID-19 pandemic has caused interruptions to everyday life that America hasn't experienced since World War II. Each day brings new worry, cancellations, and orders to limit or close certain types of businesses. Through it all the unsung hero remains the truck driver. No matter the crisis and with anxiety regarding their own health, they still climb into the cab and go to work. While recommendations from the Federal and State governments are changing almost daily, there are still standard precautions truck drivers can take every day to help prevent the transmission of the COVID-19 virus.

Please use the following tips to protect yourself against COVID-19 and prevent its spread:

STAY CLEAN.

- Wash your hands often with soap and water for at least 20 seconds.
- Clean your hands after each stop and refueling.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Drink from fresh, disposable cups instead of reusing personal cups, mugs, or thermoses.
- Clean and disinfect the truck cab. Regularly spray disinfectant on all surfaces you regularly touch, this includes steering wheels, seats, dashboard, shifter knobs, grab handles, CB microphones, cell phones, ELD screens and buttons, keys, clipboards, tables, doorknobs, light switches, countertops, cups, desks, keyboards, toilets, faucets, and sinks. (*Lysol recommends spraying 3 to 4 seconds until the surface is covered with mist and allow to air dry for at least 3 minutes*)

AVOID CLOSE CONTACT

- Avoid close contact with people you know are sick.
- Don't frequent drivers' lounges and game rooms or other places where people congregate.
- Avoid in-store dining including self-service grab-n-go food, buffets, soup and salad bars.
- Try to stay least 6 feet apart from others when in public places if possible. If this is not feasible, efforts should be made to keep individuals as far apart as is practical.

**We must all do our part to keep ourselves, those around us, and our families healthy.
If you feel sick, stay away from others and let your employer know right away.**

COVID19 GENERAL SAFETY PRECAUTIONS

COVID19 also referred to as the “coronavirus” is spreading throughout the nation at a rapid pace and infecting people of all demographic. Social distancing and self-quarantine are two terms that are being referenced widely by medical experts to help reduce the spread of the virus. Whether you’re a long-haul driver, parcel courier, or regional driver, drivers typically spend a bulk of their day in their vehicle which is beneficial to reducing exposure to this virus. With that said, drivers do still have to interact with others at customer locations, gas stations and rest areas. Below are precautions drivers should take to reduce exposure to potentially contacting COVID19.

Wash hands with soap and water for at least 20 seconds or use a hand sanitizer that is at minimum 60% alcohol based following:

- Touching any shared surfaces such as gas pumps or door handles
- Interacting with freight
- Visiting a customer’s location

While demand for hand sanitizers has increased dramatically, it is important to note that alcoholic spirits are not a substitute for hand sanitizers, and you should not attempt to make your own sanitizer.

AVOID:

- Touching your eyes, nose, or mouth
- Shaking hands with others
- Contact with other individuals
- Unnecessary conversations with others at fuel stops

It is currently recommended to avoid close contact with others and allow at least six feet between you and others aka social distancing.

PREPARE:

- Consume nutrient dense food such as fruits and vegetables and minimize the amount of fried foods consumed as this will boost your immune system and help fight off a potential virus
- Purchase nonperishable snacks and meals that will not require you to enter a diner or rest area for every meal
- Eliminate or reduce alcohol and tobacco intake
- Follow the plan in place between dispatch and drivers of what to do in the case of a driver becoming sick

What to do if you become Sick on the Road:

- Find a safe place to stop, preferably a safe truck stop. If you are unable to devote all your concentration to driving exit the roadway. Continuing to drive while not at your best is jeopardizing the safety of you and members of the public.
- Assess the situation. Is this just a sore throat and a runny nose? Are you sweating profusely and believe you have a fever? How long have the symptoms been present?
- If you think you need help, contact your family and dispatch immediately. Tell them where you are located and the symptoms you’re experiencing. They may need to contact an Uber or Lyft or an ambulance for you.
- Remain calm. If you’re experiencing respiratory discomfort, focus on breathing.

- Call 911 if you feel yourself losing the battle. It's better to be safe than sorry.
- Don't rush your recovery time. It's tough to lose income sitting and recovering at home but driving before fully recovered can result in disastrous situations, including re-injuring yourself or others.
- Know your limits and abilities. Park your rig when you need to. You are the best judge of the situation, regarding when you can drive and cannot.

Keep a 'drugstore kit' of common remedies, in case needed. It is not recommended to carry remedies which cause drowsiness or impaired judgement. Items to include in the kit include a thermometer, Tylenol, and cough drops.