

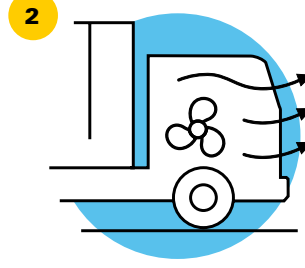
# Recommendations for freight drivers during COVID-19



1

## Clean regularly all frequently touched surfaces inside and outside your cabin

(steering wheel, radio, levers, door handles, etc.) using disinfectant. Clean all tools and equipment (portable scanners, etc.) you use, especially those shared with other users.



2

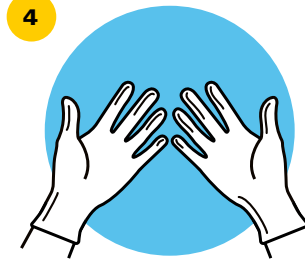
**Ventilate the driver's cabin regularly** at stopping points.



3

## Disinfect hands

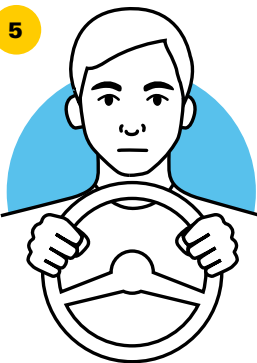
with hand sanitiser or wash them with liquid soap and water for at least 30 seconds every time you enter or return to your vehicle.



4

## Wear gloves

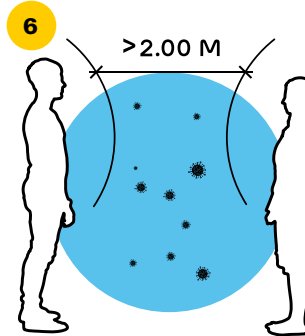
when at loading and unloading docks, gas stations, customers' sites and terminals.



5

## Stay in the driver's cabin

whenever possible while at customer sites, unless otherwise required.



6

## Maintain a distance of 2 metres

from others in case of leaving your cabin, and **avoid entering closed rooms** where other people are present. Takeout meals are recommended rather than eating at rest stops.



7

## Sign transport documents with your own pen

and do not share it with anybody else. Disinfect or wash hands and pen once done.



8

## Avoid shaking hands.

The virus spreads through coughing and sneezing (via airborne droplets), as well as through direct contact.



9

## If you or your family members show potential symptoms

of COVID-19 such as a dry cough or fever, immediately inform your manager.



10

## Follow any specific guidelines

given by your company and general recommendations/instructions issued by health authorities.

## Be responsible

and use your common sense.

