

Driver Safety Letter

presented by



Coping with the COVID-19 Pandemic

April 2020

As our world has been turned upside down by the unprecedented and novel spread of the COVID-19 virus, we pause and give thanks for you – America's truck drivers. Your sacrifices, your dedication, your tenacity, your commitment is what keeps America moving and optimistic about the future. Indeed, you have shown the American public what we have known all along – that as a country, as a society, and as an economy, we are totally dependent on you. Now, simply doing your job carries with it the supreme risk of exposing yourself to this deadly virus. What can you do to stay safe, healthy and well? Following are some ideas.

- Understand everything you can about this dreaded disease and how you can avoid catching it and spreading it.
- Recognize the warning signs and symptoms: fever, persistent dry cough and shortness of breath and chest pain. Don't show up to work if you suspect you might have been exposed to the coronavirus or might be carrying it yourself.
- Other medical conditions, such as higher age, diabetes, lung or heart issues, or auto-immune diseases may make individuals more susceptible
- While four out of five cases are mild to moderate, about 20% of those infected with the virus require hospitalization.
- The main way that the highly contagious COVID-19 virus is spread is through respiratory droplets when somebody that is infected coughs or sneezes. The virus also can stay alive on surfaces for hours or days so you can become infected after touching one of these surfaces and then touching your eyes, nose or mouth.
- Learn how to properly wash your hands with soap and water for at least 20 seconds.
- Carry with you anti-bacterial sanitizer and disposable gloves and instructions on how to use properly.
- Avoid touching your face.
- Maintain social distances – at least a six feet distance from other people. Avoid physical contact with other people, avoid crowds and minimize visits to public places.
- Conduct a thorough deep clean of your truck before you enter the cab. Pay particular attention to areas such as door handles, steering wheels, parking brakes, etc., ELDs, turn signals, wipers and shift levers. This vigilance applies outside the cab, too. After coming in contact with fifth wheel handles, landing gear, trailer doors, fuel pumps, desks or countertops, door handles in public places, vending machines, cash and even pens and phones or tablets, make sure to thoroughly wash your hands.
- Pack your own snacks and lunches
- Understand that pick-up and delivery procedures are changing frequently. Make sure you know and understand those requirements before you head out with your load. Use your phone to call for clarification of loads and to understand how the receiving department might be working.
- Be patient. This is a time where tensions and pressures can easily escalate. Try and remain calm.
- Anticipate longer load and unload times.
- Stay as informed as you can about how the virus itself and always think about strategies you can you do to reduce your risk .For the most current and up-to-date information, please visit:
<https://www.cdc.gov/coronavirus2019-nCoV/index.html>

Together, we will get through these difficult times. Thanks for all you do!

The NPTC Monthly Driver Safety Letter, jointly sponsored by NPTC and [CPC Logistics, Inc.](#), is a Microsoft Word document that you can print out and post as is, if appropriate, or modify any way you wish to make it a better fit for your drivers, including adding your company logo. If you are already doing an in-house letter, you may find information here that you can cut and paste into your own letter. If you are interested in specific subjects, or have any comments/feedback, contact Tom Moore, CTP, at tmoores@nptc.org or (703)838-8898.