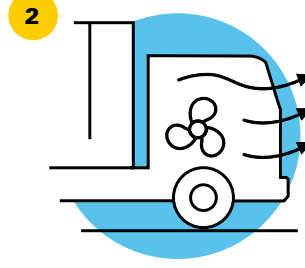


Recommendations for freight drivers during COVID-19



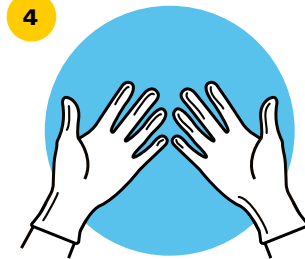
1 **Clean regularly all frequently touched surfaces inside and outside your cabin** (steering wheel, radio, levers, door handles, etc.) using disinfectant. Clean all tools and equipment (portable scanners, etc.) you use, especially those shared with other users.



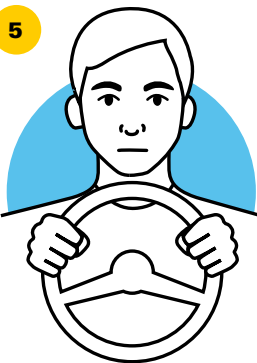
2 **Ventilate the driver's cabin regularly** at stopping points.



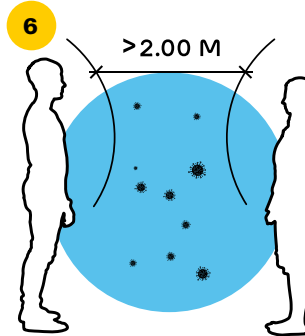
3 **Disinfect hands** with hand sanitiser or wash them with liquid soap and water for at least 30 seconds every time you enter or return to your vehicle.



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.

