

INTRODUCTION:

In the wake of the COVID-19 pandemic, many carriers in the trucking industry have been reviewing their internal policies. Carriers from across the country have shared with the Canadian Trucking Alliance (CTA) information on the kinds of things they are reviewing in their workplaces. Even though comprehensive policies and procedures are being implemented and followed, new questions arise in regards to tasks that drivers perform daily. Drivers must follow the guidelines and best practices outlined by jurisdiction relating to the COVID-19 pandemic.

Further to social distancing, proper hand washing and sanitation of trucks (handles, cab, seats, etc.), drivers are now asking about safety steps to be taken when they go home to their families. We have created a checklist of recommendations that you can do when you get home.

TIP SHEET “WHEN DRIVER GETS HOME”

If it doesn't have to leave the truck, leave it in the truck.

Daily decontamination of the following:

- Always decontaminate yourself (hands, etc.) if you've been exposed to a known sick person.
- At the end of your shift, decontaminate any equipment you used during the shift with soap and water or disinfecting wipes, including: boots/shoes, flashlights, other equipment items in your truck.
- Remove work clothes before going home, if possible, including boots/shoes used during the work shift.
- Bag your work clothes and keep in the bag until placed inside the laundry machine.
- Put on clean clothes and shoes. Prior to putting on clean clothes and shoes, wash thoroughly or sanitize, (shower, if at all possible).
- If you can't change prior to going home:
 - Remove boots/shoes outside
 - Remove work clothes in a pre-identified place in your residence (inside your garage) or,
 - Consider setting up a tent outside or,
 - Section off a room in your house.
- Shower and wash thoroughly as soon as you get home (avoid touching any surfaces prior).
- When you bring any item into the house, sanitize it first or immediately wash it (mugs, lunch bags, clothes, etc.). Remember after that's done to sanitize the work area and yourself again.