

TIP SHEET

A series of health and safety tips to prevent work-related injuries in the trucking industry



TIPS TO LIVE BY

Management

- [Educate and train](#) drivers how to properly use masks.
- Ensure drivers wear masks in all situations that present a risk of virus transmission.
- Provide masks if drivers do not have them.
- Make sure customer sites are following COVID-19 prevention measures before dispatching drivers.

Drivers

- Use the appropriate mask for your level of infection risk.
- Always use your mask according to manufacturer's instructions and company training.
- Keep several masks in your truck so when one gets dirty or wet you have another.
- Do not share used masks with other people.
- If you have asthma or any respiratory condition, consult a doctor before wearing a mask.
- Follow all other COVID-19 prevention measures, including covering coughs and sneezes, washing your hands often, and disinfecting and cleaning surfaces.

No Space? Cover Your Face

Truck drivers travel alone a lot. Isolated in truck cabs, they often have little direct contact with other people. While this may lower their risk of catching or spreading COVID-19, they must still protect themselves and others when making brief stops along their route. The pandemic makes it hard to be sure that the person who talks, coughs or sneezes as they walk by is not infected—some don't realize they are infected. Drivers may feel a false sense of security at familiar customer sites or public places. This is especially true if they don't expect lengthy social interactions. Wearing a facemask helps keep drivers and others safe when social distancing and other prevention measures can't be maintained.

Select a mask [according to your risk](#):

- Use a **reusable cloth face covering** if you only walk by others a few times a day, but mostly stay six feet apart. Examples: home-sewn breathable cotton face masks.
- Use a **disposable mask** if you break six feet of social distancing for a few minutes several times a day. Examples: common dust masks and KN90 or KN95 types.
- Use a **respirator** if you break 6 feet of social distancing for more than 10 minutes an hour, frequently and other prevention measures aren't possible. Examples: NIOSH-approved elastomeric half- or full-face respirators with cartridges.

Use your mask properly:

- **Wash your hands thoroughly** before putting on the mask, and right after removing it.
- The mask should **cover your nose and mouth**.
- **Wash** the used cloth face mask **in hot water, and dry at high temperatures, after EACH use**. When your breath gets a mask damp, they may be less effective, change often if needed.
- **Use the elastic or ties to remove the mask**.
- Never remove your mask by touching the mask material itself.
- Follow manufacturer's instructions and Washington State [requirements](#) for respirator use.



Image courtesy of [Centers for Disease Control and Prevention](#)



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[KeepTruckingSafe.org](#)

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