



# COVID-19 — Transportation Industry

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

**The N3L3 philosophy:**  
our approach to protecting workers from fatal and life-changing events.

*Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on [www.easternalliance.com](http://www.easternalliance.com), or contact your Risk Management Consultant for assistance*

**1.855.533.3444**

Eastern Alliance continues to actively monitor COVID-19 and implement practices to promote the health and safety of our customers, employees and the local communities. As we all venture through this time, we are dedicated to helping our valued policyholders effectively manage their risks as they adapt to changing environments.

Every industry faces its unique challenges during this coronavirus pandemic. While some industries, such as Transportation, have greater risk exposure, it is important to recognize that due to the rapid spread of COVID-19, no job is without exposure. The CDC and other health organizations have released numerous guidelines to protect people and prevent the spread of the virus. Transportation employers must carefully consider how they can integrate these protections into their operations and workplaces for the safety of their employees.

Management should actively monitor the evolving situation and heed the warnings and restrictions imposed by local, state, and federal regulations. Additionally, companies must continuously monitor the effectiveness of any measures established and modify these when necessary.

Evaluate if work is essential to continue or if work should temporarily be halted. Only continue work, as permitted, if safe work practices are effectively protecting everyone.

Share knowledge with employees on coronavirus. Include information on how the virus is spread, symptoms, and ways to protect themselves, such as, limiting face touching, practicing social distancing, and increasing handwashing.

Communication during this time is especially important. You should provide clear instructions and daily updates with your employees. A communication tree should be implemented so everyone knows their role in communication efforts.

- Remind employees to stay home if they are sick.
- Screen employees daily before starting work or have workers keep a thermometer in their trucks to self-screen. Screenings should include temporal thermometers, and evaluation to determine if symptoms of COVID-19 are present.
  - Symptoms include:
    - Fever over 100.4 °F
    - New onset of dry cough
    - Shortness of breath
    - Breathing difficulties
  - Inform employees that if they begin to feel unwell during the shift or symptoms arise, immediately notify their supervisor and identify strategies for urgent care when on the road. The employee should not return to work until cleared by a doctor.
  - The coronavirus is capable of living on surfaces such as cardboard for 24 hours, as well as up to 2 or 3 days on plastic and stainless steel according to the World Health Organization, much like that of other contagions such as SARS and seasonal Flu. Cleaning and disinfecting high touch surfaces are steps we should always be taking, but it is especially critical during COVID-19.
- Sanitize each piece of equipment multiple times during the day, including before and after use. Include all areas commonly touched such as handholds, door and window handles, steering wheels, seatbelt buckles, operating controls, etc.



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### Proper Cab Sanitization Includes:

- The use of alcohol-based cleaners, as bleach solutions, can damage equipment and break down interior components. Please check all product labels before use.
- Sanitizing wipes can be used for quick cleaning of steering wheels, CBs, rear-view mirror, clipboards, and other common touch surfaces.
- Ensure to clean all surfaces that are touched such as door handles (inside and out).
- Immediately dispose of all used cleaning wipes, towels, gloves into the trash and wash hands thoroughly.
- At the end of your shift, disinfect the vehicle so that the vehicle is fully sanitized for the next use.

### Tips for employees:

- Refrain from shaking hands.
- Maintain social distancing of at least 6 feet during loading/unloading.
- Cough into your elbow.
- Avoid touching your face and eyes.
- Wash your hands often!
- Maintain current teams and maintain current trucks with those teams to limit cross-contamination.
- Refrain from sharing of pens or having customers sign delivery documents.
- Team drivers must maintain the same level of cleanliness and practice as much social distancing as is possible. Wear masks to prevent spreading the virus. Clean the vehicle between drivers, including all cab components and outside door handles.
- Do not share cell phones. Clean and disinfect cell phones daily.
- Refrain from using other drivers' tools and equipment.
- Change clothes or wear layers so removal can occur before getting in the car and going home.
- Wear clean clothing each day and wash clothing daily to limit exposures at home. This would include changing shoes/boots prior to entering the home and leaving the potentially exposed ones outside.
- If employees are staying in hotels, consider one employee per room instead of multiple employees in one room.
  - If employees must share a room, they should be reminded to never share toiletries — razors, toothbrushes, combs, brushes, nail clippers, cloths, cell phones, etc.
- Increased handwashing and the use of hand sanitizers is needed if drivers must use rest stops and/or re-fuel on the road. Practice social distancing at these locations as well.
- Report any safety and health concerns to dispatch or transportation manager.
- Stay home if sick.



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- Per CDC guidelines, proper handwashing should include: Wet hands with clean running water, apply soap, lather all sides of hands, between fingers, and under your fingernails, scrub hands for at least 20 seconds, rinse hands under clean running water, then dry hands using a clean towel or air dry hands.
- Use hand sanitizer when washing with soap and water is not possible. Be sure to use an alcohol-based hand sanitizer that contains at least 60% alcohol. To use hand sanitizers, apply the gel product to the palm of one hand, rub hands together, rub the gel all over the surfaces of your hands and fingers until hands are dry. This should take about 20 seconds.

It is important to recognize this is an evolving situation and that guidelines can and will change. For this reason, we encourage you to stay up to date with the latest information. For additional guidance and updated information, visit:

Centers for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov)

Occupational Safety and Health Administration (OSHA) [www.osha.gov](http://www.osha.gov)

National Institute of Allergy and Infectious Disease (NIH) [www.niaid.nih.gov](http://www.niaid.nih.gov)

The Center for Construction Research and Training [www.cpwr.com/covid-19](http://www.cpwr.com/covid-19)

Eastern Alliance Coronavirus Information Page [https://www.easternalliance.com/Coronavirus\\_and\\_Workers\\_Comp/](https://www.easternalliance.com/Coronavirus_and_Workers_Comp/)