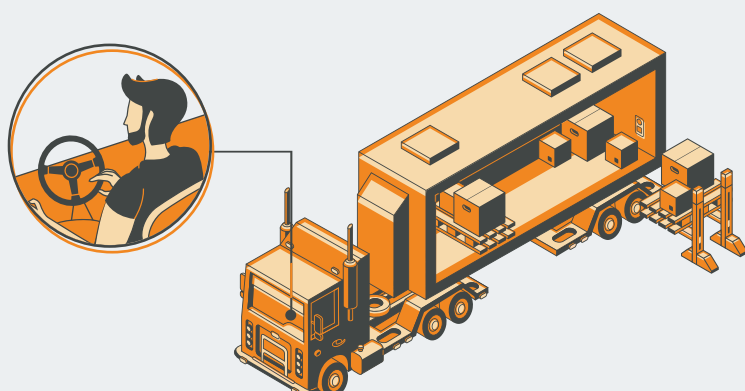


# STAYING SAFE ON THE ROAD

## When on the road, drivers should do the following:

1

Remain in the cab during pickup and deliveries to limit exposure in shipping and receiving facilities.



2

Avoid shaking hands and wave or nod in greeting instead.



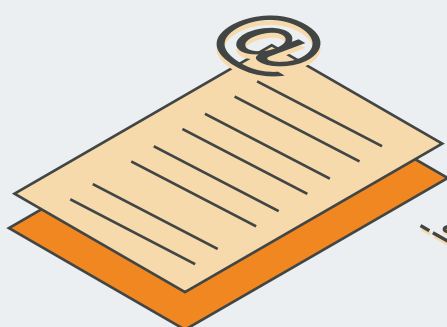
3

Ensure that you have access to appropriate disinfectants, hand sanitizer, disposable gloves, and personal protective equipment such as masks, face shields, or respirators.



4

Send documents electronically or make arrangements to sign on behalf of the shipper/receiver.



5

Call ahead to find out the site's current requirements, which may have changed due to the pandemic, and send texts or call to alert the customer of your arrival.



6

Bring food if it's challenging to buy meals on the road due to restaurant closures.



## When outside the vehicle, drivers should take the following precautions:

1

Maintain a physical distance of at least two metres from others. Wear a mask if social distancing isn't possible.



2

Consider wearing nitrile gloves instead of work gloves when loading and unloading.



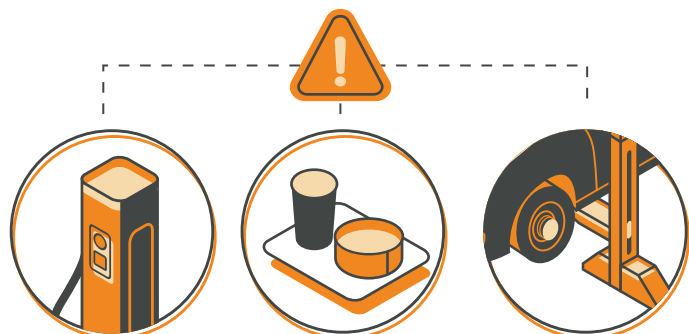
3

Wash your hands after each stop or delivery (or sanitize, if soap and water are not available).



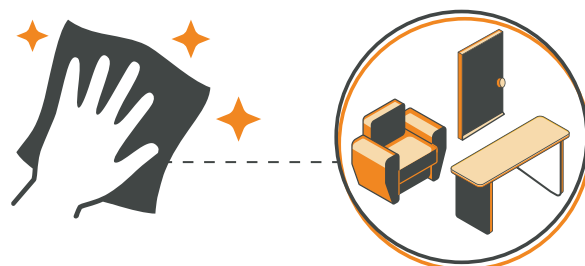
4

Limit visits at truck stops, drivers' lounges, repair shops, and other public gathering spots.



5

In hotels and shower rooms, wipe down commonly touched surfaces such as doorknobs, chairs, and tables.



Visit [nbins.com](https://www.nbins.com) for more tips and resources to help protect your business.