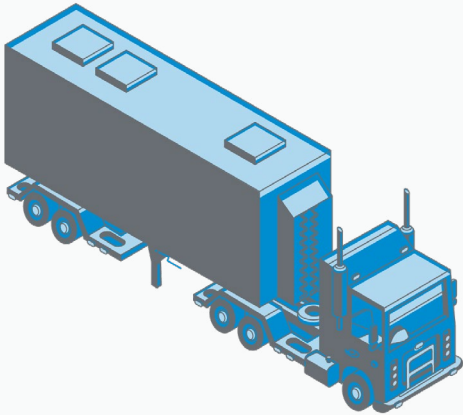


# BEST PRACTICES AND TIPS TO STAY HEALTHY AND SAFE ON THE ROAD DURING THE PANDEMIC

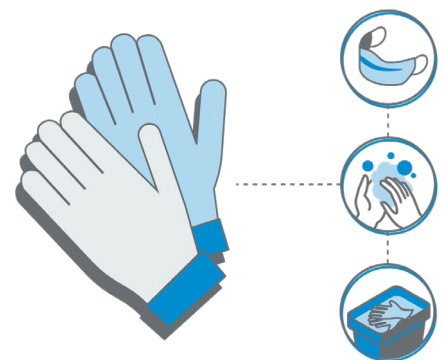


## WHILE ON THE ROAD:

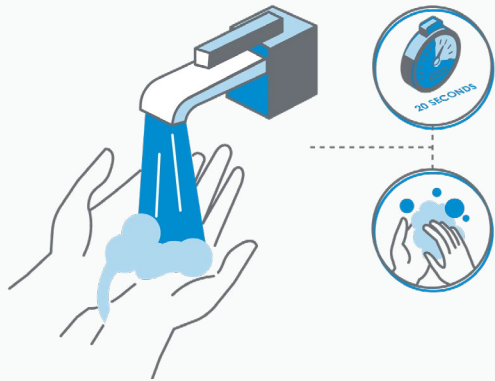
- ✓ Ensure you follow all interprovincial, interterritorial, and US-Canadian border protocols, which may include wearing a non-medical mask or face covering upon entry and for the duration of your stay.
- ✓ Maintain physical distancing of at least 2 metres when outside the truck.
- ✓ It is recommended to wear a non-medical mask or face covering when you are unable to maintain a two-metre distance from others, such as inside truck and rest stops, stores, or eating establishments.
- ✓ If travelling as a team, try to stay with the same partner and the same dedicated truck.
- ✓ Disinfect high-touch surfaces prior to switching drivers.
- ✓ Clean your hands often with warm soap and water or an alcohol-based hand sanitizer for at least 20 seconds.

## AT GAS STATIONS:

- ✓ Clean hands and put on nitrile gloves when fueling.
- ✓ Immediately remove and dispose of gloves after use and clean hands.
- ✓ Refrain from touching your face.



# BEST PRACTICES AND TIPS TO STAY HEALTHY AND SAFE ON THE ROAD DURING THE PANDEMIC

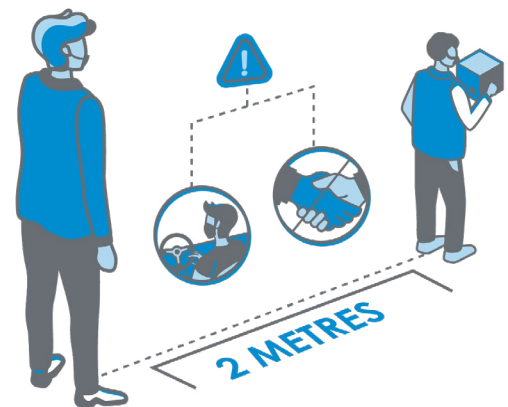


## AT TRUCK AND REST STOPS AND EATING ESTABLISHMENTS:

- ✓ Prior to entering any truck or rest stops or eating establishments, clean your hands and follow any site-specific protocols.
- ✓ Maintain physical distancing of at least 2 metres.
- ✓ It is recommended to wear a non-medical mask or face covering when you are unable to maintain a two-metre distance from others.
- ✓ Instead of dining in, take advantage of take-out, drive-through, or grab-and-go options.

## DURING COLLECTION AND DELIVERY:

- ✓ Ensure to follow any customer-specific protocols which may include wearing a non-medical mask or face covering and other personal protective equipment.
- ✓ Ensure personal protective equipment is used appropriately and clean your hands before putting it on and taking it off.
- ✓ Wear nitrile gloves (instead of work gloves) when loading or unloading.
- ✓ Remove and dispose of gloves in a garbage bag immediately after use.
- ✓ Refrain from touching your face.
- ✓ Maintain physical distancing of at least 2 metres unless wearing a non-medical mask or face covering.
- ✓ Avoid shaking hands.
- ✓ Disinfect any high-touch surfaces which can include in-cab communication devices, the steering wheel, seatbelts, the dashboard, door handles, window controls, fuel caps, gear shifts, air lines, landing gear handles, trailer doors, refrigeration /heater unit controls, and dollies. Use antimicrobial disposable wipes or a diluted bleach solution and wear gloves. Clean your hands afterwards.



**Thank you for your hard work in keeping us and the economy afloat!**

If you have fever, a cough, or are having difficulty breathing, call a health practitioner immediately.