

Social Distancing for Truck Drivers



Connecting with others is important to do your job, but face-to-face interactions are a major way for the COVID-19 virus to spread. Avoiding close contact lowers the risk of contracting and spreading the disease. While truck drivers may not have the option to work from home, here are a few social distancing tips to keep them safe on the road.



Use a radio or phone to talk to dock managers and other drivers.



If you feel that you are sick, stay at home and away from others, call your doctor immediately, and tell your employer.



Avoid going into facilities when it is not necessary, instead, drop and go whenever possible.



Maintain separation in dispatch areas, locker rooms, fueling stations, pickup and delivery sites, and when working in places where there is likely to be a group of people.



Avoid places where other people congregate such as truck stops, break areas, gyms, restaurants, food courts, and coffee shops. Statewide dine-in bans are in place for many eating establishments, allowing only takeout and delivery.



Stay at least 6 feet away from other people. If this is not possible, stay away as far as is practical. This is especially important in places with community spread, and also for older people and those with a history of lung disease who are at higher risk.

For general concerns and questions about COVID-19, call the Washington State Novel Coronavirus Call Center at 800-525-0127 and press #.

TIRES is a project of the Safety & Health Assessment & Research for Prevention (SHARP) program of the Washington State Department of Labor & Industries. TIRES is supported in part by CDC/NIOSH grant# U60 OH008487. For more information and free training resources visit

[KeepTruckingSafe.org](https://www.KeepTruckingSafe.org)

SHARP Report No.: 90-137-2020

