

Delivery drivers can be at risk for coronavirus (COVID-19). As an essential workforce, their exposure may be greater.

**Here are a few simple ways to protect against COVID-19 in your delivery fleet:**

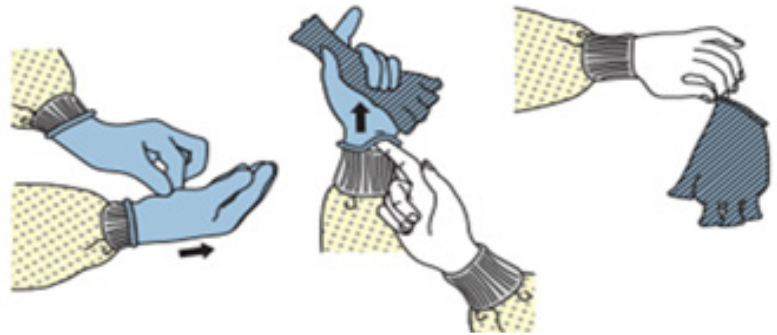
- ▶ Wear disposable gloves during tasks like loading, unloading, fueling, etc. and change them after each use.
- ▶ Wash hands frequently or use hand sanitizer (with at least 60 percent alcohol) if soap and water are not available.
- ▶ Use disinfecting wipes to decontaminate the inside of vehicles and any equipment, such as hand trucks.

**PERSONAL PROTECTIVE EQUIPMENT (PPE) TO CONSIDER:**

- ▶ Continue using normal (PPE), including bump caps, coveralls, work gloves and safety glasses.
- ▶ Employers should provide drivers with hand sanitizer, antibacterial wipes and disposable gloves.

**HOW TO PROPERLY REMOVE GLOVES:**

1. Using a gloved hand, grasp the palm area of the other gloved hand and peel off the glove.
2. Hold removed glove in gloved hand.
3. Slide fingers of ungloved hand under remaining glove at wrist, and peel off second glove over first glove.
4. Discard gloves in a waste container.



**LIMITING INTERACTIONS:**

- ▶ Only make brief contact with people at the location you are delivering to – or avoid interaction all together.
- ▶ Stay in your cab if possible.
- ▶ Never let anyone in your vehicle.
- ▶ Limit the exchange of documents, pens, etc. during the delivery.
- ▶ Reduce or eliminate the need for signatures.
- ▶ Limit exposure to documents by placing them in a plastic bag.
- ▶ Try to remain six feet away from others.

**DAILY DECONTAMINATION:**

At the end of every shift, decontaminate any equipment with soap, water and/or disinfecting wipes. Be sure to clean these commonly overlooked items:

- ▶ Boots
- ▶ Flashlights
- ▶ The inside of your vehicle

If possible, change your clothes and bag them prior to returning home after work. If you can't change your clothes, be sure to leave fresh items outside your home, and change into them before entering it after your work day.

*These steps do not supersede local, state, or federal regulations. This article is for general information only and is not intended to provide, and should not be relied upon, for ergonomic, training or medical advice in any particular circumstance or fact situation.*